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THE
PRACTICE
OF
THE WATER CURE,
WITH
AUTHENTICATED EVIDENCE
OF
ITS EFFICACY AND SAFETY.

PART I.

CONTAINING

SEVENTY AUTHENTICATED CASES, THE OPINIONS
OF ENGLISH MEDICAL PRACTITIONERS, A SKETCH OF THE HISTORY
AND PROGRESS OF THE WATER CURE, AND AN ACCOUNT OF
THE PROCESSES USED IN THE TREATMENT.

By JAMES WILSON, M.D.

PHYSICIAN TO HIS SERENE HIGHNESS PRINCE OF NASSAU,
MEMBER OF THE ROYAL COLLEGE OF SURGEONS, LONDON; LATE FELLOW
OF THE MEDICO-CHIRURGICAL SOCIETY, LONDON.
&c. &c. &c.

Wasser thut's freilich!

LONDON:
H. BAILLIERE, 219, REGENT STREET;
AND A. H. BAILY & CO., CORNHILL.
1844.

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1s. 6d.

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TO
THE REV. WILLIAM MARSH, D. D.

MY DEAR SIR,

WHEN I have had the good fortune to enjoy your society, I have always felt that I was under the cheering influence of one whose mind was at peace, and overflowing with charity and good-will.

To whom then could I better dedicate, than to yourself, this attempt to advocate a system designed for the relief of suffering humanity, and to defend myself from the errors and misrepresentations of ill-will?

With every sentiment of respect and esteem,

I am,

My Dear Sir,

Yours very faithfully,

JAMES WILSON.

P R E F A C E.

THE opening letter of this Pamphlet explains in a great measure the motives for its publication. It has been put together in a hasty manner as a reply to a series of professional attacks, decrying the Water Cure as an imposition, and all who practise it as impostors.

In so far as it may be considered a personal defence, I have entered upon it with unwillingness, and in deference to the wishes and opinions of others. I have come into court with my witnesses, and the reader is at liberty to cross question them, while I claim the privilege granted to persons under such circumstances,—the privilege of speaking in my own defence.

To account for the style in which the pamphlet is written, I may remark that it is intended for non-professional persons, although I am persuaded that if medical men would take the trouble to read these pages, they would find facts, which it would be worth their while to consider, albeit they are not clothed in a learned dress.

Popular works on the art of healing are considered *infra dignitatis*, but I may be allowed to think professional dignity,—even supposing it infringed upon,—to be of secondary consideration in this matter, seeing that it will not assist in restoring a shattered constitution, make a man happy in the possession of sound digestive organs, cure gout and rheumatism, or prevent apoplexy and consumption.

To write on the Water Cure for medical men alone, would, at the present moment, be a waste of good ink and paper; in this I was confirmed by a recent visit from an old medical friend, whose first complimentary question was, "Well, are you here still, and is there *really* something in the Water Cure?" I asked if he had not had the curiosity to read any of the works written on the subject; "Not a syllable," was his reply. In the meantime the multitude are suffering, and to a great extent unnecessarily, under a variety of diseases, and if medical men will not inquire for them, they shall have the opportunity of inquiring for themselves. Facts are simple as well as stubborn things, and they can be well understood by persons to whom their rationale cannot be fully explained.

In addition to the statement of cases,—to show that I am not solitary in some of my opinions, I have introduced those of several eminent English practitioners. I have also thought it advisable to give a sketch of the history of the Water Cure, with an account of the processes used in the treatment, and some explanation of the manner in which they act on the human body. If this volume should have the effect of producing in the reader even a slight interest in this important subject, my first object will have been gained.

The next part of the work will be a joint production with my colleague Dr. Gully, on the History and Doctrine of Chronic Diseases, with the Theory and Practice of their Cure by Water.

JAMES WILSON.

Malvern,
February, 1844.

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DEFENCE
OF
THE WATER CURE,

WITH CASES, OPINIONS,

&c.

Malvern,
Sept. 1843.

TO DR. HASTINGS.

SIR,—Your recently published attack on the Water Cure and on myself is a sufficient inducement to address you as a medium of conveying to the reader the evidence in defence of both, contained in these pages.

Your position as physician to a public hospital, where you are entrusted with the lives and physical well-being of a number of your poorer fellow creatures, makes me also anxious that you should be induced to investigate and adopt a system of treatment by which you might effect incalculable good,—a system that can easily be proved to be the safest, and the most successful that has yet been discovered for the cure and relief of an endless variety of diseases.

I have another important purpose in publishing this defence. You know that the prevailing prejudices of the community have been stimulated and encouraged by great exertions on the part of many ill-informed and unscrupulous opponents of the Water Cure; that they have been taught to look upon it as “a passing innovation,” “a quackery,” and a “dangerous delusion,” and that its advocates are, to all intents and purposes, to be regarded as “*Hydromaniacs*.” You will allow that in this state of feeling it is but natural that there should be but little curiosity in the many to inquire into its merits by reading a learned or lengthened dissertation. I think you will therefore agree with me that a pamphlet like the present one is more likely to attract a little attention. Should such prove to be the case, and should any impressed by the evidence and important facts it contains, acquire a disposition to inquire further, they have you to thank for it. It was your persevering opposition that gave me the idea, and pointed out the probable utility of such a production.

For the accomplishment of the desired object in view, I shall lay before you many interesting cases cured by the Water treatment, and in a separate division the recently published opinions of several English medical practitioners, who have witnessed the results of the Water Cure on some hundreds of patients.

I have placed the attack I have mentioned and my reply at the end of the pamphlet, that the reader may judge between us. You may remember that about twelve months ago, I addressed you in two long letters, which I published with a purpose similar to the present one. Since that period to the present time, there have been nearly eight hundred patients who have gone through the water cure treatment here, and I may mention, as this is also a fact in favour of “*the Cure*,” that the representations of these patients have induced as many more to visit Malvern, as my colleague Dr. Gully and myself can find time to attend to. Out of this number there has been only *one death* amongst our patients at Malvern—that of Lady Hartopp, an account of which you will find in the Appendix.

Now, I have only further to add, and I trust you will credit me, that I have no personal feeling whatever towards yourself. I feel only as an advocate of Water Cure, which it must be confessed has not had “*fair play*” at your hands, and those of your party; personal feelings and grievances, however, are a bagatelle barely worth alluding to when so vitally important a subject as the Water Cure claims our attention; I shall not detain you longer, but at once lay before you the cases, opinions, &c., which I trust you will read with patience, candour, and a christian spirit.

I remain,

Sir,

Your obedient servant,
JAMES WILSON.

AUTHENTICATED CASES
OF
RECOVERY BY THE
WATER CURE TREATMENT.

I have now sufficient materials by me to fill a moderately-sized volume with cases like the present ones. Similar results may be found recorded by many other physicians of great reputation. There are here, however, a sufficient number to show that the patients write like very *rational* persons, and that the subject is worthy of grave reflection and investigation.

SUPPOSED CONSUMPTION, &c.

The writer of the following letter, the Rev. Mr. Marshall, had suffered for a long time many of the symptoms preceding rapid decline, and it was expected that he would have been obliged to retire from the duties of the Church.

Cases of this kind are frequently met with on the Continent, where the subjects of them go in search of health. At Rome and in other parts of Italy, I saw many such, and amongst them a number of clergymen going on from bad to worse, the appetite decreasing, the strength lapsing, the tone of the skin becoming less and less. These cases often commencing in mental work and irritation, lead on to derangement of the stomach and bowels, are accompanied with stomach cough and extreme readiness to take cold, and not unfrequently terminate in substantial disease of the lungs:—a conclusion which is seldom prevented by the system of remedying they too often go through, which, on the contrary, leads to hotter rooms, warmer clothing, more stimulating drinks, and additional chilliness and debility. It is really quite melancholy to see many of them in Italy—far from their friends and their occupation—shivering at the bare thought of the bracing and healthy winter of their native isle, and feeling actually more cold than their countrymen on the banks of the Thames.

*Bridgenorth,
August 14th, 1843.*

MY DEAR DOCTOR,

It is now just a year since I consulted you at Malvern. I had been out of health for many months, and tried various remedies in vain; there was then every appearance that I should be obliged to give up my pub-

lic duties, and seek refuge in a warmer climate. Since I left Malvern, I have been in perfect health, and have not had an hour's illness, a thing I had not known for several years previously.

I feel it due to the system and to yourself, to state that your treatment has fully realized all you promised; for the last twelve months I have been more equal to my public duties than at any other former period of my life. During the winter I went out in all weathers, and at all hours, and never once took cold. I have not taken medicine of any sort or kind since I saw you. I never can be too thankful for the benefit I have derived from the treatment.

With best wishes, I remain,

My dear Sir,

Very truly yours,

W. K. MARSHALL.

James Wilson, Esq., M.D.
Great Malvern.

ADMIRAL BEAUMAN'S CASE.

This letter is a voluntary offering of the gallant Admiral, and it is the anxious wish of the writer to have the results of his treatment publicly known.

*Malvern,
July 18th, 1843.*

GENTLEMEN,

As I am firmly convinced that I owe my present state of health, and even my existence, to your instrumentality, it becomes a pleasing duty to me to record by letter, as my friend Mr. Marsh has done, the benefit I have experienced from the system of treatment you adopted in my late illness. This duty is further pressed upon me by the knowledge I have, that many are deterred from trying the Water treatment in consequence of fears regarding its dangers, — fears which my case amply shows to be totally without foundation, when it is *scientifically* applied. Previous to coming to Malvern, I was considered by some of the most eminent of the faculty to be in a hopeless state. I mention this in evidence that it was not my fears for myself which exaggerated the gravity of my sufferings; what these were I need not detail. Suffice it to say, that when I came under your care I was nearly reduced to a skeleton,—that the spasms of the stomach, and the spasms about the heart, seemed to threaten me with sudden death, and that only a few nights after I reached Malvern, and before I commenced the Water Cure, I was for several hours in a state of insensibility. In short, I did not consider my life safe from hour to hour. At this time, after nearly three months of treatment, my body is well

covered with *hard, solid* flesh, my appetite and sleep are good, and my other functions in excellent order. The kindness and confidence with which you undertook a case so forlorn as mine, backed by the attention displayed in the treatment of it, deserve and have my grateful remembrance. But independently of what I have experienced in my own person, of the benefits to be derived from your mode of treating disease, when other modes were confessedly of no avail, I have seen enough in a number of the cases of others under the Water Cure at Malvern, to convince me of its perfect safety and superior efficacy; and I trust that this short letter, which you are at liberty to use as you please, may induce many sufferers like myself to profit by a trial of it. I shall be too happy to make this statement wherever I go.

I remain, gentlemen,
Your truly obliged,
FRANCIS BRAUMAN,
Rear-Admiral.

P.S. As to the physical annoyance in the Water Cure, that I heard so much about, I can only say that I found, even in my weakly state, every part of the treatment I underwent anything but disagreeable, particularly lying in the wet sheet: indeed, I found it so exceedingly pleasant, that I regret much that you discontinued it the last five days before my departure from Malvern. I may also observe that I have not taken medicine of any description since I first consulted you.—F.S. Bn.

To Doctors Wilson and Gully.

GOUT.

Malvern,
Sept. 16th, 1842.

MY DEAR SIR,

I cannot leave Malvern without again expressing to you my thanks for the encouragement you gave me to try the effect of the Water Cure, as you practise it, and for your kind attention to me during the time I have undergone the treatment.

I have now gone through the perspiring process, followed by the baths fifty times, with the other parts of the treatment; I found them anything but disagreeable; indeed, I may say, quite the reverse; and they have been most beneficial to me. During nine months before I came here, I was never able to move without my crutches, and a great part of that nine months, I passed in my bed or on the sofa. My nights were restless, my pulse high, and my tongue charged. I am now turned sixty-three years of age, and have been subject to the Gout more than forty years. I paid little attention to it the first twenty years, and as soon as the fit

was over, I never missed taking my wine daily. My knees, hands, and other parts were so crippled, that I had made up my mind to pass the rest of my days in my arm-chair or bed, or to hobble about with my crutches.

The effect of the treatment has so ameliorated my situation, I can now go up and down stairs with ease and comfort, without a stick, and the other day walked half a mile on the high road. I frequently ride on horseback four hours a-day, and my general health, I thank God, is as well as ever it was in my life. I sleep well, my appetite is good, I can use my arms freely, and tie my neckcloth, a thing I had not been able to do for years; in fact, I feel myself comfortable and independent. Had I come here a year ago, and undergone the same process, I have no doubt but I should have saved my left knee from being contracted; as it is, I am content to walk a little lame, and shall be too happy to remain in the same state I am in at present for the rest of my days. Pray excuse this long scrawl, as I know you have not a minute to spare, and believe me,

My dear Sir,

Yours most truly,
T. C. MARSH.

Park Hall, Epping, Essex.
16, Rue Matignon, Paris.
To Dr. Wilson.

Nearly twelve months after this was written, Admiral Beauman read me a letter from Mr. Marsh in which he describes himself as having been in perfect health since he left Malvern, with every prospect of continuing so. Let the reader compare this case with that of Probart given in the Appendix. Mr. Marsh was three months under the Water Cure treatment, and has taken no medicine since. Probart was only a fortnight under treatment, took spirits and drugs, and is now no more.

Some years ago, being myself in pursuit of health, I accompanied the late Right Hon. Lord Farnham on the continent as his physician. He suffered from gout, but died from the effects of dosing with colchicum. It was an interesting and marked case of the destructive effects of that pernicious drug.

IMPUISSANCE.

COMPLICATED WITH GOUT, &c.

The uncle of the reigning Duke of Nassau, between sixty and seventy years of age, had been afflicted with gout so severely, that when he arrived at Graefenberg, he was almost bent double. In addition to this he had become impuissant.

He remained for two years, married while

there, and in due time became the father of two children; and was, moreover, perfectly cured of gout.

The above case of His Serene Highness Prince Nassau, as related by Dr. E. Johnson, was considered beyond the reach of any remedial measures. When he commenced the Water Cure treatment, his prospect of marrying was about as great as that of his being Emperor of Austria. All his joints were crippled with gout, and it had already slightly attacked his heart and brain. When I left his Highness* his recovery was nearly completed. This case was nearly as hopeless as that of Probart. (See Appendix.)

This letter was given by Mr. Case, (a gentleman well and esteemed known in the county of Lancashire) to Dr. Cameron, in consequence of inquiries which the latter was making for some noble patient in London. Dr. Cameron sent me the letter to add to my stock, and the writer of it has kindly assented to its publication.

*Belle Vue Hotel, Great Malvern,
October 25th, 1842.*

DEAR SIR,

It is with much pleasure I sit down to comply with your request to communicate shortly respecting my own sufferings from gout, and the effects produced on me during my short visit to this place, using the cold water remedy under the advice of Dr. Wilson. I have been a martyr to gout from a very early age, and have already reached my sixty-fifth year. From the year 1816, I have generally been attacked periodically spring and autumn, the violence and suffering of the fit increased yearly. The joints of my hands, feet, ancles, knees, and elbows, much enlarged, and containing chalky matter, and the legs liable to be much swollen at night after exercise. I left my own house, Thingwall Hall, near Liverpool, on Friday morning, the 7th instant, and con-

sulted the doctor on the same evening, commencing operations on the following morning, viz., the blankets and cold bath. I had much difficulty in reaching the well, where I drank four glasses of water, and returned with a fine appetite to breakfast; again took walking exercise, and another bath before dinner; and this has been the daily course, wearing the wet compress and dry bandage over the stomach. When I left home, I had *active gout* in both elbows; this very shortly disappeared. I have repeatedly tried, I believe I may safely say, every reported remedy without much success, and felt much doubt and hesitation in submitting to the treatment with cold water. However, I have no reason to regret the trial, feeling better and stronger than I have done for years. My capability of taking walking exercise has daily increased, and I can now, without much pain or fatigue, walk seven or eight miles a day. From the repeated perspiration and ablutions, the skin is softened and rendered more elastic, the swelling of the legs has disappeared, and the lumps on the hands and fingers materially reduced. In fine, by a continuance of the system, I am sanguine in being enabled to eradicate the enemy, and, as far as I can judge, without any the slightest risk in bringing on other complaints. I live moderately, and though allowed by the doctor a glass or two of sherry,* I have given even that up from choice, and really feel not the slightest desire for any such stimulant;—although at home I have been in the habit of taking aperient medicine almost daily, I have required none whatever here. I shall be happy to communicate any further information, and remain,

Dear Sir,

Yours very truly,
THOMAS CASE.

Dr. Cameron.

The lady who wrote the following letter was sent here with her three sisters by Dr. Begbie, a physician of talent at Edinburgh; but not to try the Water Cure.

DEAR SIR,

In compliance with your request, that I

* Lest any one should suppose from the above, that I indulge my patients with wine, it is necessary to remark that permission was given only for a day or two, the conviction on my mind from past experience being, that the patient would of his own accord relinquish the stimulant in that period—so rapidly and certainly does the stimulus of water supersede that of wine, and convince at the same time, from the contrast in the feelings both *moral and physical* of the individual, that to take wine is a misfortune, and a stupid fallacy. I may add, that Mr. Case has forgotten to mention the operation of the douche, and sitz baths, &c., which he took in the course of the treatment, and which assisted in the beneficial result.

* It has been asked by Dr. — how I come to sign myself "Physician to His Serene Highness Prince Nassau?" I was attending the family of the Princess Sapeiha, when it was recommended—as I had for many years had great experience in the diseases of children—that I should see the prince's only child, which was considered to be in a critical state, and not likely to be reared. The child recovered rapidly, and I was kept in constant attendance on the prince and his family for a length of time. The prince gave me the most flattering inducements to remain and spend the winter with him, but I was prevented. When I left, he requested that I should call myself his physician.

It is the custom for English medical practitioners to sign themselves in their publications, "physicians or surgeons—ordinary, and even EXTRAORDINARY," to any royal or distinguished personages they may have attended.

should give you a sketch of my case, I beg to say that I have been for many years annoyed with a liability to take severe cold, with a cough that continued for weeks, and sometimes *months*, more particularly the last two years, *when* I was never more than a week without it, and closely confined to the house from *October till June*, never being able to go out without catching fresh cold, however warmly clothed, and even *latterly* in going through the house if the weather was at all damp. The usual mode of treatment was *medicine*, mustard poultices on the chest, leeches, and rubbed with irritating liniments; sometimes fly blisters, and every cough mixture, and lozenges,—all that could be thought of was tried, warm drinks, &c., and generally several days in bed at the commencement of every attack of cold. Occasionally the cold affected the wind pipe more than the chest, which made the cough at those times incessant. A complete change to *bracing* air, having been recommended, induced my friends to bring me to Malvern, but not to try the Water Cure; but it had not the desired effect, as I was attacked with a severe cold, similar to what I usually felt, and had I not consulted you, must in all probability have been confined to the house for some time, as going out always increased it. However, you advised the lying in the wet sheet two or three times a day, and rubbing three times each day with the chilled wet sheet, wearing a warm compress constantly on the chest, warm fomentations applied to the stomach for two nights, drinking cold water, &c. &c., and walking out three or four times a day, which treatment I followed, and at the end of three days, the feeling of cold in the chest was quite removed, and by the sixth day, the cough *completely gone*, which indeed appeared quite like a miracle, and thoroughly *convinces* my friends and myself of the extraordinary efficacy of the *Water Cure*. I now go out without a thought about the weather or fear of catching cold.

I remain,

Yours sincerely,

ELIZABETH S.—T.

To Dr. Wilson,
Great Malvern,
August 28th, 1843.

The following inveterate case was induced to try the Water Cure by my friend Major Wilmot, a resident of this place.

RHEUMATISM.

Colonel Y— came into this neighbourhood for his September shooting, but, in a few days, was so severely attacked with rheumatism in the lower part of the back, the groins, and legs, as to oblige him to give

up all his sporting engagements, and lay himself up. The same thing had occurred to him in several previous years, and had confined him more or less during the winter. When I saw him he complained of great and incessant pain; and when he attempted to walk he was nearly bent double.

During the first fortnight that I treated him, the pain, though severe when present, became intermittent, and there were intervals when he could walk straight. Still there was every appearance of its being one of those obstinate cases, which usually baffle all treatment. He was a good patient, however, and stuck to the plan of treatment I laid down for him, with perseverance. Before five weeks from the commencement were over, all pain was gone, both in the trunk and limbs; and he was able to walk as well as ever. A few days ago I met him at a *battue chasse*, at Lord Beauchamp's, at Maddersfield, where he took his share with us in killing a great many pheasants; and although the day turned out very wet, he stood it out, laughing at the idea of a return of rheumatism. His general health and appearance also underwent a very marked change for the better; indeed, his health may be said to be now perfect. The restoration of the general health is one of the *striking features* of the Water Cure.

BROWN LEPROSY.

A young gentleman, fourteen years of age, son of Mr. F—y, gilder, at Cheltenham, became a patient here in December last. Over the greater part of both legs there existed a scaly eruption, the individual scales being dark in colour, easily detached, about the size of a human nail, and when detached, leaving the surface underneath raw and tender, the latter discharging a bloody serous fluid, until the scales became again formed. This had been going on for a long time, gradually increasing in extent, without the least amelioration. He remained in the establishment nearly thirteen weeks, and left it to return to his father at Cheltenham, with his skin clean and healthy, and all the external appearance and internal signs of a robust state of health. He sweated every other day, and lay in the wet sheet every day, and on alternate days twice. On coming out of the blankets or wet sheet, his attendant, as well as ourselves, witnessed a very strong and peculiar odour emanating from them, and continued for several weeks of the treatment. The regular employment of sitz-baths and of the *douche* also formed a part of the treatment. Compresses were kept constantly upon the diseased parts, and he took from twelve to fifteen glasses of water daily.

REMARKS.—Here is a case in which the

simple operations of the Water Cure not only eradicated a local disease which all medical men know and acknowledge to be one of the most difficult, but also brought the patient into robust and general health. Compare with this the following list of medicines usually given in this disease, and which medical writers tell us are all more or less uncertain;—muriatic acid, corrosive sublimate, preparations of arsenic, caustic potash, white hellebore, &c., all of which, if uncertain to cure the skin, are pretty certain to injure the general health, by establishing disease in the internal organs.

In many skin diseases the water cure is most marked in its curative effects. In these diseases the results can be seen, and medical men have only to try it to be at once convinced.

TIC-DOULOUREUX, STOMACH AND LIVER COMPLAINT, &c.

Malvern,
6th October, 1843.

MY DEAR SIR,

It is with great pleasure I now add my testimony to that of so many others, of the great efficacy of your mode of treatment by "WATER, air, exercise, and diet." After a trial of exactly five weeks, I find myself benefited in every way, *and much more so than I could ever have hoped or expected.*

I have been severely afflicted for the last sixteen or seventeen years past with a most violent tic-douloureux in my face, which is now easy from the water cure system; and my stomach is wonderfully restored to its former state of health, which had been upset for years by the powerful medicines given to me to remove that distressing complaint.

I came here suffering under stomach asthma, the liver complaint, and swelled and dropsical ankles, all of which are now perfectly removed, and I have every reason to express my fullest trust in your judgment, prudence, and discretion, with perfect confidence in your long practical experience in the medicinal, as well as the system you now pursue.

I am happy at having it in my power to state to you, that I have ascertained that all the numerous patients who have been residents in your house during the time in which I have been among them, fully concur with me in these sentiments, and offered to add their testimony to mine.

With best wishes for the success of your self and the Water Cure system,

I remain, my dear sir,

Yours most truly,

THOMAS STAUNTON ST. CLAIR,
C.B. & K.H. Colonel.

To James Wilson, Esq., M.D. &c.

THREATENING APOPLEXY, STOMACH AND LIVER DISEASE, &c.

Mr. Shailer called upon me a few days ago with another patient, the Rev. A. Crow, his neighbour. I found the former greatly improved in strength and his general health, and remarkably reduced about the abdomen. At the time he was going through the cure here, and throwing off *fat*, another patient, the Rev. George Burder, who was thin and worn, gained *flesh* rapidly. It so happened that they were going through precisely the same processes in the treatment.

The next case, Mr. F——, was a similar one to Mr. Shailer's; he has promised Dr. Gully to write his own case in full.

Dunnington, near Alcester,
Warwickshire,
September 29th, 1843.

MY DEAR SIR,

It affords me great satisfaction to add my testimony to that of many others which I know you are constantly receiving as to the efficacy of the Water Cure treatment. I entered your establishment on the 29th of May last, in a state of suffering very difficult for me to describe. I will enumerate the following as the principal features of my case: low spirits, costiveness, piles, headache, oppressed with fat, and threatened with apoplexy. I had the greatest difficulty to collect my thoughts, my memory was nearly gone, and I could scarcely direct my servants. I was in so deplorable a state of health, that I felt, and have since been told, that I was at that time in great danger. It induced me to adopt some prompt measures, having in vain had recourse to medicine. I was led to think favourably of the *water cure treatment*, by the perusal of one of your books upon the subject, and therefore at once surrendered myself to your care, and during the three weeks I remained in your house, and from that time to the present date, I unremittently followed your directions: being packed in the wet sheet every morning for one hour, as well as using the shallow bath, sitz-bath, and compresses, at the same time drinking cold water, and observing the diet recommended by you. And now I have the gratification of stating, that having got rid of about forty pounds of superfluous fat about the stomach, &c., I am nearly relieved from the distressing symptoms I have mentioned above, and entertain fair hopes of having better health than I have known for many years.

If this expression of my feelings is considered of the slightest use in giving confidence to those under bodily afflictions in the efficacy of the water cure treatment, I must add that it will give me much pleasure.

sure your making use of it in any way you think proper.

And believe me, my dear Sir,

Very gratefully and faithfully yours,

THOMAS SHAILER.

To James Wilson, Esq., M.D.

When Mr. Featherstonhaugh read his own case, the following one, as it is given in our "*Dangers of the Water Cure, and its Efficacy Examined*," he regretted that his name was not mentioned, and added, that the account gives so faint an idea of his sufferings and the benefit he had experienced, that he would at a future time write himself a full account for publication.

There have been great numbers of such cases under the Water Cure treatment at Malvern. Some of them having previously had an attack of apoplexy, followed by slight paralysis; we have refused about thirty applicants whose cases were of the same nature, but too far gone. The following case is more particularly introduced, as it is one of those that medical men, who have even paid a little attention to the Water Cure, deem the least adapted for the system. I may also refer the reader to Mr. Shailer's letter.

CONGESTION OF THE HEAD, WITH THREATENING APOPLEXY, &c.

A gentleman, aged forty-five years, well known in the county of Worcester, had for years been suffering under the triple excitements of complicated affairs, field sports of all kinds, and high living, and, in the vain endeavour to stave off the evil results by constant and violent purgation, had increased them. The last three or four years he had been on his estate, free from business, but still exposed to the other causes of his disease. When he came to us he presented the following symptoms. Face remarkably full and livid; tongue moist and foul; bowels constipated; urine not reaching a pint a day. He had been for a time affected with giddiness of head, with tendency to fall on one side or other; dimness of sight; at intervals he was seized with extreme depression of spirits, excessive irritability, and strong inclination to be violent to those around him; his thoughts were frequently so confused as to deprive him of all moral courage and of the power of attending to anything. His nights were frightful, moaning, groaning, and tossing about. With such symptoms (which had existed for several years) it will scarcely be credited that he had been advised to take at least a pint of wine daily, and, as his spirits notwithstanding became worse, to augment the quantity to a bottle! Equally incredible is it that, whilst this

treatment was going on, he had been repeatedly bled, both from the arm and the nape of the neck. It is to be remarked that this gentleman, hearing of the Water Cure, and feeling that he was getting rapidly worse, and threatened daily with apoplexy, took the resolution to abandon all advice, medicine, and wine, and to take to water drinking. This last relieved him so much, that he further resolved to put himself under our care.

It is impossible in our space to detail all the management that was required in this very perilous case. Suffice it to mention that the greatest care was taken in graduating the different processes of the Water Cure, so as to induce a better distribution of the blood, and the diminution of its quantity in the head. All stimulants whatever were withdrawn at once, and since last September he has not required any liquid but water and milk, and has not taken a grain of medicine of any kind for now more than six months. The first effect of the treatment was the restoration of the secretions of the bowels and the kidneys, purgatives and diuretics having previously utterly failed. The next effect was the restoration to comparatively quiet sleep, and to quietude of mind when awake; for strange to say, the water has given him good spirits, which the wine had rather depressed than otherwise. The third effect was the disappearance of an immense quantity of superfluous fat, the chief accumulation of which was about the bowels, giving him an enormous paunch; for which, however, a quantity of hard, muscular flesh has been substituted on the limbs. His figure is now what it was when he was a young man. It need scarcely be added that all fear and every symptom of apoplexy has vanished.

REMARKS.—If we had never met or heard of another case than this similarly treated, we should have been compelled from it alone to acknowledge the vast field for reformation in the medical treatment which at present prevails. Here was a gentleman on the very brink of apoplexy, with all the causes which produce it in operation, yet in the face of his alarming head symptoms and daily diminishing health, he is instructed to drink first a pint, and then a bottle of wine each day, with medicinal means to correspond! We confess ourselves utterly unable to comprehend the meaning of such treatment of such a disease. But for the accuracy of the statement we have made, concerning his previous symptoms and treatment, and of the results of our treatment, we can, if necessary, refer to the patient himself, who, like ourselves and his friends, is convinced that had he persisted a very little longer in the plan he was following, a fatal termination must have infallibly en-

sued. Without one grain of medicine, with no appliances but those of the Water Cure, we were enabled to rid him of a state of perilous disorder, against which he had been in vain combating with the usual means for a dozen years.

THE PRINCESS SAPIEHA'S CHILDREN.

The following cases are of such interest that I shall present them to the reader with some details as published in my "Water Cure." The Princess is so thankful for the preservation of her children, and the benefit experienced by herself, that she repeats what is here written whenever she has an opportunity. Her children were all born strumous and with very large heads, except the last, which was owing to her having gone through the Water Cure treatment some time before, and during the *whole time* she was *enceinte*. This child was born with a small head, grew rapidly, has been in perfect health, and without any of the peculiarities which characterized the six previous ones.

"When at Graefenberg, I was introduced to the Princess Sapiéha at her request; all her family were under the treatment, including herself and sister. This lady had lost four children with affections of the brain and stomach, after having consulted all the first men in Europe, and was without hope of eventually saving two of the survivors, a girl and a boy. The four who had died, had been carried off at different ages, from two to seven years, by convulsions and vomiting, which nothing would arrest. The most violent and energetic means were had recourse to. The last, of the age of seven, vomited for fourteen days before the fatal termination. Hearing from some of her neighbours of the 'miraculous cures' made by the Water Cure, she determined to go and consult Priessnitz. The little girl, six years old, had incessant cough, which had been gradually increasing for three years; she expectorated large quantities of thick yellow sputa, frequently mixed with blood; she had hectic fever, and was reduced to skin and bone. This was complicated with an affection of the brain, and a tendency to convulsions: her physicians declared the case to be one of consumption, and that the child could not last longer than six months. Eighteen months before this she had had an attack of convulsions; blisters were applied, from the nape of the neck to the loins, and the child was confined for above six months to her bed. Priessnitz said there was still hopes, and that it was 'scrofula fullen on

the chest.' During the first six months' treatment by the Water Cure, the child gained flesh and appetite, the fever ceased, but the cough and spitting, mixed with blood, were undiminished. The family physician, who had accompanied them, was still against proceeding with the Water Cure, saying it was utterly useless. When the mother asked what then he would propose, he said, 'an issue in the arm.' 'Oh!' she replied, 'thank you; you have applied that once, and the child was laid up for several months, and narrowly escaped with the erysipelas it brought on.' These contending opinions, however, had such an effect upon her own health, that she had frequent fainting fits. In this state of things, she consulted me; on examining the child's chest, I found the whole of the right side very dull on percussion. On placing the ear, there was a strong bronchial rale throughout; under the right collar-bone, there was a small cavity, and the gurgillement and pectorilique were distinct. I gave the following opinion at once, in these words: 'You have no chance that I can see except by the Water Cure, and I am happy to say that I agree with Priessnitz in thinking there is a chance; the child is daily gaining flesh, and the great point is to keep up the nutritive powers, keep off fever, and relieve irritation in the chest as much as possible.' I added, 'If it was my child, I should send it from the low situation herein the town, up to the hill.' My advice was taken.

"Her progress during the summer was very rapid; she became quite fat, with a ruddy complexion; but the coughing and spitting, though considerably diminished, still continued, and still mixed with blood. About a week or ten days after I had first seen the child, I took Dr. Coq, an intelligent, and one of the leading physicians of Ghent, (who was going through the Cure,) to see it; his opinion and advice were similar to my own."

The Princess and her family were under my care during the winter in Italy, her daughter going on regularly with the system. Two months after my return home, I received a letter from the Princess, which gave me great pleasure and confirmed my prognosis. Relative to her daughter she says:—

"Je profite de cette occasion pour vous dire que Sophie va de mieux en mieux; elle tousse moins tous les jours, et ses nuits sont excellentes. J'aime à vous dire, Monsieur, que vous êtes pour beaucoup dans cette amélioration, et je vous en remercie de tout mon cœur. Je joins en mille compliments pour Madame Wilson, et pour vous l'assurance de mes sentiments distingués."

"SAPIEHA."

I have since heard that the invalid has quite recovered.

The treatment has been as follows:—

Every morning, at about six o'clock, she is placed sitting in a bath, containing about nine inches of water, at a temperature of sixty-five to seventy degrees of Fahrenheit; in this she is well rubbed with the hands gently, all over, during a period of fifteen or twenty minutes; she is then dressed, and goes out to walk for an hour, drinking several small tumblers of cold water during the exercise. The bath is repeated every night, an hour or two before bed-time, the same as in the morning. When taken out of the bath, a double piece of linen steeped in cold water, and *well wrung out*, is placed on the chest, covering the front part, and reaching from the collar bones to the pit of the stomach. This is completely protected from the air by a similar covering of dry linen; it is worn night and day, and changed at noon for a fresh one. When the cough was violent at night, and it sometimes lasted for hours, I found the application of a *fresh wet compress* always relieved it. I should not omit to mention that soon after going to Priessnitz, she was attacked with a violent convulsion, ending in a stiffened state of the whole body, and complete insensibility. When this occurred, Priessnitz happened fortunately to be in the town; he put her at once into a "shallow chilled bath," where she was rubbed for three quarters of an hour, before she showed any signs of consciousness or of life. During this period, she was taken out three times for a few minutes, placed on a bed, and rubbed with wet hands. When this state is coming on, there is great dilatation of the pupils, and it has since been prevented going any further by 'head baths,' which she has taken every day since this attack. For the last five months the head has been perfectly free, but the head baths are still continued once a day at noon.

"I may mention, *en passant*, the state of her brother. He has had a strong disposition to the complaint of which his brothers and sisters have died. It comes on in the following way:—the face becomes suddenly deadly pale, the features shrinking, the eyes more or less fixed, the pupils dilated to their fullest extent, and vomiting begins. In from five to ten minutes, by the cold hip bath, in which he remains twenty minutes, these symptoms are completely removed, and in half an hour he is out playing as well as ever. In the first bad attack, before going to Priessnitz, he was treated in the following way:—blisters were placed on the stomach and all along the back-bone, and the raw surface dressed with a preparation of opium, and calomel and opium in large quantities given internally. This was a seven months' business in bed and in his room. He is now past twelve years of age, and his teeth are all completely destroyed by the mercury. When he went to Grae-

fenberg, his eyes were so much affected by the remedies, that there were great fears he would become completely blind; for this he went through the Water Cure, and now sees perfectly well. He has continued the treatment under my care in a gentle manner, and though still a delicate-looking boy, is in perfect health. The diet in both these cases is cold milk, with bread, morning and night, and a simple dinner of meat, vegetables, and light pudding, and water alone as their beverage.

The state in which we found the patient sent by Mr. Coulson, reminded us forcibly of that of LORD BYRON in his last illness, as described in his life by Mr. Moore.* Might

* "Lord Byron called medicine 'the destructive art of healing.' How truly it proved to be so in his own person, you will see, when I give you the details of his last illness:—"Of all his prejudices," says Mr. Moore, "he declared the strongest was that against Bleeding. His mother had obtained from him a promise, never to consent to being bled, and whatever argument might be produced, his aversion, he said, was stronger than reason. 'Besides, is it not,' he asked, 'asserted by Dr. Reid, in his Essays, that less slaughter is effected by the lance, than the lancet—that minute instrument of mighty mischief?' On Mr. Millingen observing that this remark related to the treatment of nervous, but not of inflammatory complaints, he rejoined, in an angry tone, 'Who is nervous, if I am not?—and do not those other words of his apply to my case, where he says, that drawing blood from a nervous patient, is like loosening the cords of a musical instrument, whose tones already fail, for want of a sufficient tension! Even before this illness, you yourself know how weak and irritable I had become; and bleeding, by increasing this state, will inevitably kill me. Do with me what else you like, but bleed me you shall not. I have had several inflammatory fevers in my life, and at an age when more robust and plethoric; yet I got through them without bleeding. This time, also, will I take my chance.'" After much reasoning, and repeated entreaties, Mr. Millingen at length succeeded in obtaining from him a promise, that should he feel his fever increase at night, he would allow Dr. Bruno to bleed him. "On revisiting the patient early next morning, Mr. Millingen learned from him, that having passed, as he thought, on the whole, a better night, he had not considered it necessary to ask Dr. Bruno to bleed him. What followed, I shall, in justice to Mr. Millingen, give in his own words:—"I thought it my duty now to put aside all consideration of his feelings, and to declare solemnly to him how deeply I lamented to see him trifle thus with his life, and show so little resolution. His pertinacious refusal had already, I said, caused much precious time to be lost;—but few hours of hope now remained, and unless he submitted immediately to be bled, we could not answer for the consequences. It was true, he cared not for life, but who could assure him, that unless he changed his resolution, the uncontrolled disease might not operate such disorganization in his system, as utterly and for ever to deprive him of reason! I had now hit at last on the sensible chord; and, partly annoyed by our importunities, partly persuaded, he cast at us both the nearest glance of vexation, and throwing out his arm, said, in the angriest tone, 'There you are, I see, a d—d set of butchers—take away as much blood as you

I not venture an opinion, that a similar treatment would have been attended by the same result in *both* cases? Many months have now elapsed since this patient left Malvern, but a few days ago he wrote by a patient he sent here, to say that by following his instructions, he "still continued in perfect health, and still called himself a 'miracle'."—This is his case.

**INDIGESTION, &c. &c.,
WITH THREATENING INFLAMMATION OF THE
BRAIN.**

This case was a very interesting one, and was sent here at an hour's notice by Mr. Coulson, a distinguished surgeon in London, under whose care he had previously been. The patient, a gentleman of forty years of age, had undergone excessive mental excitement, accompanied with constant and distressing sinking about the stomach and bowels, fever alternating with a tendency to fainting and cold sweats, all which he had endeavoured to fight against by frequent taking of stimulants. With all this he had been unable to procure even a small amount of sleep. In our first interview with him at Malvern his speech was almost incoherent, his gestures violent, and his whole appearance that of a person on the verge of insanity or inflammation of the brain. His tongue was fiery red, his bowels constipated, and his skin dry and harsh, except when the cold sweat suddenly appeared on it, together with the symptoms of fainting. All this plainly indicated the use of the wet sheet, in which he was to lay for an hour twice a day, with sitz baths in the intervals. In twenty-four hours this patient became calm, and slept almost all the time he was in the wet sheets, of which he spoke as the *most soothing and delightful remedy he had ever experienced*. On the first night after commencement of the treatment he slept five or six hours consecutively. His bowels also opened and his tongue became paler; of course no stimulants whatever were allowed,

like, but have done with it.' We seized the moment, (adds Mr. Millingen,) and drew about twenty ounces. On coagulating, the blood presented a strong buffy coat; yet the relief obtained did not correspond to the hopes we had formed; and during the night, the fever became stronger than it had been hitherto, the restlessness and agitation increased, and the patient spoke several times in an incoherent manner." Surely, this was sufficient to convince the most school-bound of the worse than inoperative nature of the measure. Far from it. "On the following morning, the 17th, the bleeding was repeated twice, and it was thought right also to apply blisters on the soles of his feet!" Well might Mr. Moore exclaim: "It is painful to dwell on such details." For our present purpose, it will be sufficient to state, that although "the rheumatic symptoms had been completely removed," it was at the expense of the patient's life; his death took place upon the 19th, (April,) that is, three days after he was first bled."—*Moore's Life of Byron.*

although up to the moment of his treatment he had taken them largely, and he expressed surprise at not feeling the want of them. At the end of a week he pronounced his feelings to be better in all respects than they had been for more than a year. Nevertheless we thought it advisable he should continue the general treatment for a fortnight longer, which he accordingly did; and at the end of three weeks returned to London, speaking of himself as "*a miracle*," and extolling the Water Cure in enthusiastic terms.

REMARKS.—Nothing could be more striking than the *immediately* sedative effects of the wet sheet upon the highly excited nervous system of this patient. It is impossible to conceive of any medicinal opiate acting so quickly and so efficiently; neither had the sleep any of the disagreeable characters of that obtained by opiate, for he awoke soothed, refreshed, and with a moist tongue. This effect too continued throughout the case; the patient never retrograded for a single day. Although when he came his limbs would scarcely carry him half a mile, within a week he was able to *mount to the highest of these hills*. The harassing condition of mind disappeared, and he frequently expressed his surprise at the totally altered view he took of the circumstances which had previously so painfully excited him. We confess our ignorance of any medicinal treatment which could remove the symptoms enumerated, and restore the general health so rapidly and completely as the much-abused means employed in this case.

**FEVER, &c., WITH SWEATING
CRISIS.**

A lady, (Miss I—n,) well-known to many of the present inmates of my house, after feeling unwell for a few days, with shiverings, &c., was attacked with violent fever; I found her in the following state: pulse 120, full and strong, flushed face, and burning skin, violent headache, and pains in all the limbs. She was put in half a dozen wrung sheets, with intervals of ten minutes, quarter, and half an hour. At the termination of this process, she was placed in shallow chilled bath from ten minutes to a quarter of an hour, ablution and gentle rubbing being carried on the whole time. She was then well dried and put to bed. In an hour profuse perspiration came on, which continued from six o'clock in the evening until nine the next morning, with only her ordinary bed coverings.

She then took a cold bath. She had slept well during the night, ate a good breakfast after the bath, and there was no return of fever. This patient had suffered for ten

years from a skin disease on the throat, chest, and ears, which was always red and covered with a thick dry scurf. The day after the sweating it had completely disappeared, not leaving the slightest trace of its ten years' standing; the skin, which had been always red, being smooth and fair. This is what is called a sweating crisis. I may mention, that the lady declared that nothing could exceed the refreshing and soothing sensations she experienced from the wrung sheets. The day but one following she came to my house to show herself to her friends.

DANCING WITH SCARLET FEVER.

The following case will engage the deepest attention. The lady is the wife of a merchant at Hamburg. She was at Graefenberg with her whole family during the ten months I was there. I give her case as related by Dr. E. Johnson.

MRS. KLAUKE'S CASE.

In the month of May, 1842, Mrs. Klauke, (aged about twenty-seven) was seized with pains in the head and back and calves of the legs. Her face, neck, arms, and legs, and subsequently the whole body, became brightly scarlet, and she complained of a soreness in the throat. The pulse was rapid, and skin dry. She was packed in the leintuch for half-an-hour; then rubbed all over in a tepid bath for twenty minutes with the wet hand. She was now ordered to wear an umschlag round her stomach night and day. When she felt cold she was rubbed down with the wet sheet—when hot, packed in the leintuch; and so on all through.

The tepid bath was suspended until by the application of a succession of sheets the fever was reduced. Then the tepid bath was repeated. Every morning she was packed up in a blanket, in which she was allowed to perspire for an hour; then she was put into the tepid bath. This treatment was continued for a fortnight. At the close of the sixth day all fever was extinguished, and at the close of the whole treatment *her strength was undiminished.*

In addition to the above, a lavement of cold water was administered every night. *During the whole time she ate and drank as usual, and one evening went to a ball, (in the saloon of Priessnitz's establishment,) and danced for hours, whilst her whole body was crimson with scarlatina.* On returning home from the dance she was rubbed down with a wet sheet, went to bed, and slept soundly.

What will the reader say to a lady dancing with scarlet fever? If she was not alarmed herself at such an apparent act of

temerity, surely out of the two or three hundred persons who were in the room with her, there were some who must have been afraid of catching it. I think I may answer for them—not one. Now I cannot imagine any human being, who has seen the frequent and sometimes terrible results of scarlet fever, and who has heard of its fatality, so devoid of common humanity, as not to be curious to know the reason for this general absence of fear in two or three hundred persons, with a patient red with scarlet fever in the midst of them. The reason is simply this: they all knew that there was no danger attending scarlet fever when properly treated by the Water Cure system, and the majority would have been glad to have had it there and then, rather than run the risk of being attacked by it when they could not obtain a judicious Water Cure treatment. They knew and saw that patients could eat and drink,—that in many cases they could go out and walk, and as in the present instance, dance—with scarlet fever.

These two or three hundred persons also observed the patients when the scarlet fever was gone, and they found that it had left no mark behind it. Turn now from that picture, and look upon this.

Three weeks ago a clergyman's wife at Worcester who was under my care, advised another clergyman's wife to send her daughter, a fine, full-grown girl about fourteen years old, to consult me. I found that she was perfectly deaf after scarlet fever. The only communication with her was held by signs and with the fingers. She was accompanied by her sister, a fine, handsome, healthy-looking girl, some years older. This morning I was told by the same clergyman's wife that the "*eldest of these young ladies and two of the younger children were dead with scarlet fever, and buried.*" I heard there was something attempted with water in these cases *added* to the ordinary treatment. Something of cold washings and spongings with vinegar and water. Dabbling with water and vinegar!

I do not ask my brethren that they should, from worldly policy, or even common humanity, study the Water Cure. I ask it from them for mercy's sake. When I first came to Malvern I offered the parish surgeon to treat as many cases of fever as he pleased, to show him how the system was practised, and to tell him all I knew about it. During one winter I passed at Nice, the scarlet fever was very fatal; I was told by one of the leading practitioners, that he calculated there were from twelve to fourteen deaths a day by it. My wife had it in its severest form, and I declare that neither of us had a moment's apprehension. The Princess Sapeiha's nurse had it soon afterwards; I treated her in the same way, and without any medicines. The ulceration of the throat

was severe in both cases; for this I used, in addition, fomentations of warm water applied every second hour, for an hour, with a yard of flannel well wrung and renewed every ten minutes, a compress being worn in the intervals; no one can form any idea of the relief afforded by this application without experiencing it.

SYMPTOMATIC FEVER.

This was one of Mrs. Klauke's children, whose treatment in scarlet fever has just been related; I was present, and assisted at the greater part of the treatment. I give the case as it was related by the mother to Dr. John King and to Dr. Edward Johnson some time afterwards.

"Alexander Klauke, aged three years, a fine lively child, much predisposed to inflammation, was attacked with fever, and inflammation of the bowels, about a month previous to the present disease. In the evening, the child was placed in a bath not quite cold, in which he remained twenty minutes, additional cold water being added, as the temperature rose by the heat from his body.

"During this time cold water was poured with a tumbler-glass on the head, repeated at intervals of a minute, and, as is usual, his whole body was rubbed cautiously by the maid. He was then taken out of the bath, and placed on a sofa, covered over with a drysheet and blanket, with the back part of his head in a head bath, for ten minutes; by this time reaction had taken place, when wet compresses were applied to the head and back of the neck, and the body, from the arm pits to the hips, was wrapped in a similar way. He slept quietly till three o'clock in the morning, when the same process was repeated, the previous symptoms having returned.

"The child was again placed in bed, where he *slept* till the morning, and was then found to be quite well, and *went out as usual*.

"A month after this attack he was taken ill, in a similar way, but with symptoms much more severe.

"The fever running high, and accompanied with delirium, the treatment was commenced by placing him successively in nine wet sheets, from which the water was but slightly wrung out. In each of these he remained about five minutes. Towards the last, the heat being diminished, he was allowed to remain ten minutes. A thick wet compress was applied to the head and breast in addition—these being the parts where the heat was greatest. The feet were cold, and as long as they remained so, the wet sheet was only applied down to the knees; meantime, the feet and legs were rubbed

strongly with the hands. While the extreme heat continued, the wet sheet was covered by a thick dry one, instead of a blanket, as is usual. After the last wet sheet, he was placed at once in a bath of (seventeen degrees of Reaumur) where he remained an hour—the same process of rubbing and pouring water over the head being practised.

"The first day the same process was repeated *four* times, the duration of the bath being not so long, as when the fever was not as high.

"During the night the wet cloth was changed every half hour; on the morning of the second day, the child refused to go into the water, *calling himself at intervals for additional wet sheets*. Orders were given that the inclination of the child should be obeyed.

"In the course of the morning the child *himself* desired that he might be put into the bath, where he remained until the heat in the armpits and on the back of the neck was the same as the rest of the body, this being the general guide for the duration of a bath; and it is worthy of remark that the more the fever was reduced the more tranquil the patient became, till at last he remained with perfect tranquillity in the bath. The same treatment, slightly varied, was continued for *four* days, when the child was *well*, and was sent out to play with the other children."

A child in fever, when under the Water Cure treatment, will often direct what should be done; I have often heard them ask for a fresh sheet, as in the present instance, when it was proposed that they should go into the bath. Their instinctive feeling is generally right, and should often be obeyed. When they are sufficiently refreshed by the gradual cooling of the wrung sheet, they will themselves ask to be put into the bath rather than lay any longer in the sheet or have it changed for a fresh one. For some remarks on the treatment of fever, *See Appendix*.

CASE OF SMALL POX.

A young man aged twenty-one, on his way to Graefenberg, for the treatment of a rheumatic complaint, found himself unwell at Vienna, but travelled on, and when he reached his destination, was in high fever, with delirium. Until this was reduced, an abreibung was kept applied in the quickest succession: so immediately hot did the wet linen become. The delirium quickly subsided. When the fever was much abated, he was put into the leintuch, and this was followed by the shallow bath. Very soon a copious small-pox eruption appeared. Leintuchs were continued, according to the state of the skin. There was no return of

fever; the appetite was natural. In ten days, he was able to walk out of doors. He had been vaccinated in his infancy; but, notwithstanding, the pustules were universal and of full size. *No pitting ensued. (This case is related by Sir Charles Scudamore.)*

APPETITE AND SLEEP RESTORED.

An Austrian officer, aged sixty, had been very stout and remarkable for the goodness of his appetite; but by degrees he became dyspeptic, very nervous, and above all, lost his sleep more and more by degrees, till at length he was not able to procure more than one hour of dosing in the twenty-four, for upwards of two years. He had no regular sleep whatever: opiates would not succeed, and he was in a most wretched state when he went to Graefenberg. Three months passed away without any decided improvement. It was in the beginning of spring; the weather very cold, and he was not strong enough to take much exercise. Hence a slower improvement. Treatment: in the first of the morning a leintuch followed by a shallow tepid bath; an abreibung twice a day; usually a second leintuch, followed either by an abreibung or shallow bath. By degrees he improved, gained some appetite, and sleep returned, at first for an hour only; then more and more, till, by the middle of summer, he could sleep comfortably for seven hours; and he quitted Graefenberg recovered from every inconvenience. (*Related by Sir Charles Scudamore.*)

HYPOCHONDRIASIS, PSORIASIS, AND SCIATICA.

The gentleman, (an Englishman) about sixty years of age, who was the subject of these three severe afflictions, belonged formerly to the civil service in India. I made his acquaintance at Graefenberg immediately on my arrival, and am indebted to him for introductions to several valuable cases besides his own. He had laboured under these affections for eight years. Shortly after he had become the subject of sciatica and psoriasis, (which latter disease his French medical advisers denominated *dartre farineuse*) his mind became excessively excited by some family occurrences, with the particulars of which he did not, of course, think it necessary to acquaint me. In a short time, what with this excitement, the torture arising from his sciatica, (inflammation of the sheath of the great sciatic nerve where it passes through the structure of the hip,) and the intolerable itching produced by the skin disease, the equilibrium of his mind became so much disturbed that he was not considered in a fit condition to be left by

himself. Always in a state of high excitement, there were times when he was perfectly insane.

For eight years the sufferings of this poor gentleman, bodily and mental, were indeed awful. When I asked him to give me a detailed account of his sufferings, he sat thoughtful for a moment, and then, going to a table, he took up a small pocket-book, and opening it at a particular page, and placing his forefinger between the leaves, he re-seated himself. "Some time ago," said he, "I was perusing the book of Deuteronomy; and in the course of my reading, the passages which I have copied into this pocket-book rivetted my attention. They were so exactly characteristic of my sufferings, that I almost fancied myself the particular object of the divine wrath, and that I was even then realizing the fearful denunciations which those passages of Scripture contained. No language of mine can so truthfully or so forcibly convey to you the horrors under which I was labouring both in body and mind. Read them," continued he, "and judge whether I have not great reason to be thankful that I am *now* such as you see me." He handed me the book and I read as follows: "The Lord will smite thee with the botch of Egypt and with the emerods, and with the scab, and with the itch, whereof thou canst not be healed. The Lord shall smite thee with madness, and blindness, and astonishment of heart. The Lord shall smite thee in the knees, and in the legs, with a sore botch that cannot be healed, from the sole of thy foot to the top of thy head: and thy life shall hang in doubt before thee; and thou shalt fear day and night, and shalt have none assurance of thy life. In the morning thou shalt say, 'Would God it were even;' and at even thou shalt say, 'Would God it were morning!'"

"At the time," continued he, when I had done reading, "that I was perusing those passages, those terrible denunciations were most of them actually realized in my person. I trembled as I read—for at that moment I was covered 'from the sole of my foot to the top of my head' with an intolerable itching botch. I was even then 'smitten in the knees and in the legs with a sore botch,' and was covered with scabs. Madness, and blindness of the understanding, and astonishment of heart, were also mine. I had indeed 'no assurance of my life,' for I was often sorely tempted to destroy it; and every morning I wished it were night, and at night I longed for the morning—and every effort I had made to get 'healed' had been utterly in vain."

This gentleman had then been under the Water Cure about three months. His sciatica had entirely left him—the eruption was nearly gone—the itching had wholly ceased—while the state of his mind was perfectly

calm, cheerful, rational, and full of thankfulness. (*Related by Dr. E. Johnson.*)

HAIR RESTORED.—VERY CURIOUS EFFECTS OF MERCURY.

A gentleman, aged thirty-three, having used mercury with great freedom, and being careless in exposing himself in unfavourable weather, fell into a state of great debility and nervousness, and gradually became almost bald. He went to Graefenberg in this state, and was described to look more like a corpse than a living person. His first treatment was a sitz-bath, two leintuchs, followed by a shallow tepid bath and free drinking of water. Afterwards, he sweated in the blanket, and used the plunging bath every other day; douching also on most days, but omitting one leintuch, and not using any on the day of the blanket. He drank water freely, and took as much exercise on the mountains as his strength would allow. Soon after his arrival, the few hairs on the head which he brought with him disappeared, and the baldness was complete. Boils formed particularly at the nates, and suppurated freely; when the treatment was reduced to the use of two leintuchs and a sitz-bath. Soon after, an eruption appeared over the whole body; first vesicular, and afterwards scaly, also more boils. The linen was stained with appearances which were supposed to arise from mercury. At the end of six months, he gained some colour of the cheeks, and became stronger; but also *new shoots of hair appeared on the head*; and which in two months more so increased, that when I saw him, two months later, he had a fine head of hair! He was pursuing regular treatment, and evidently was quite in a fair way of recovery.

During my stay at Graefenberg, I heard frequent mention of the stains of mercury and of iodine appearing in the leintuchs, either of blue or reddish colour; but Priessnitz assured my friend, Dr. Buxton, that he had seen mercurial globules issue at the ends of the fingers after a continued course of the Water Cure, in patients who had made a great employment of mercury either internally or externally, or both, notwithstanding that they had desisted from all use of the medicine for even several years! This appears almost incredible. *I cannot doubt the veracity of Priessnitz; and Liebig, with whom I discussed the subject, had no doubt of such a fact, and offered this explanation: that mercury combines with animal matter, and may remain so combined for an indefinite time; and that the quick change of matter which belongs to the Water Cure treatment would tend to the separation of the mercury, which might appear in a globular or other form.*

I have witnessed examples of the latent stay of mercury in the system, and shall cite the following: I prescribed to a poor woman, afflicted with rheumatism of the wrist joint, threatening ankylosis, a mercurial ointment, which she rubbed in with only occasional intervals from January to the end of May. No mercury was taken internally; none used externally after May. In November following, she was seized with the most violent salivation that can be imagined. (*Related by Sir Charles Scudamore.*)

CURE OF DEAFNESS AND RESTORATION OF SMELL.

A gentleman, aged twenty-four, of healthy appearance, when twelve years old, had a nervous fever, which exceedingly weakened his constitution and rendered him very deaf; from that period he had been weak and sickly, and unequal to much exertion. When he arrived at Graefenberg, four months and a half ago, such was his state, with a bad appetite and almost a loss of smell. His hearing also very defective. Began treatment very gently with abreibung, leintuch, and sitz-bath; to drink water very freely, and take abundant exercise. After a fortnight, his appetite and strength were improved, and treatment was increased to the use of the sweating blanket, followed by the plunging bath twice a week. The douche on the other days; head bath twice a day; and to sniff water freely several times in the day.

There ensued a critical diarrhoea several times, after which the hearing improved. When this diarrhoea occurs, boils seldom happen also. The sniffing of the water was at first disagreeable; but finding advantage from it, he persevered; and when I last saw him, his hearing and smell were both recovered. He was strong, active, and in good spirits. (*Related by Sir Charles Scudamore.*)

SYPHILIS.

The subject of this case, a Bohemian gentleman, resident in Vienna, appeared to have been affected with two distinct diseases—piles and syphilis of six years' standing. He had been under the care of the most skilful medical men, who salivated him to such an extent, and so reduced him by their medicines, that he could not walk fifty yards without the greatest exertion and fatigue. In this state he arrived at Graefenberg, encased in flannel and thick wrappers, in order to prevent his catching cold, under the advice of his physicians. He was suffering with great thirst, nausea, fever, continued pain at the back of the head, pains in the

limbs, eruptions, costiveness, and excessive debility.

Under the Water treatment he improved daily, and to such an extent, that in two months he could walk six miles with comparative ease; and in December last, in severe frosty weather, he walked about with one coat on, namely, a pilot of light texture. His flannels wrappers and superfluous clothing had been discarded soon after reaching Graefenberg. At the period of my departure he had been four months at Graefenberg. The piles yielded to a regular action of the bowels, although he had been troubled with them for some years.

It is a remarkable fact that after the wet sheet baths, which formed part of the treatment of this case, the water wrung from the sheets always had a milky consistency and fetid smell. (Related by John Smethurst, M.D.)

REMARKS.—The period is not far distant when the Water Cure treatment will supersede every other mode at present practised for this disease. The cure is radical, effected with great facility, and not followed by secondary symptoms. Every medical practitioner who has seen much of the secondary effects of mercury will hail the new treatment as a great boon. Once fairly tried in our great hospitals, the Water Cure treatment will become general. I had the opportunity of seeing the results of the treatment in a great number of cases, presenting every form of syphilis and venereal disease. There was a very bad case here when Drs. Dewsbury and Crawford were in my house; the recovery was complete in three weeks. Eight months have now elapsed, and the patient has remained perfectly well. Did space permit, I could relate a great number of similar cases, attended with the same happy result.—J. W.

GOUT IN AGED PATIENTS.

An Austrian field marshal, eighty-two years of age, had been a gouty martyr through a long life, and visited Graefenberg four years ago, when in such a state of infirmity that he could scarcely put his feet to the ground. Mild treatment was used, but it proved sufficient to produce boils, which formed near the affected joints. He gradually improved, and finally threw away his sticks, walking and riding on horseback with almost the activity of former years.

An old Polish general, nearly eighty years of age, also received nearly equal benefit from the treatment of his gouty sufferings and infirmity. (Related by Sir Charles Scudamore.)

The Prussian field-marshal Titchell, at the age of eighty-four years, was going

through all the processes of the Water Cure for his general health, and for gout, at the time I was under the same treatment. His constitution was much improved, and his gouty sufferings relieved. I have introduced these cases to show that the Water Cure cannot be so "*desperately dangerous*," when individuals at this advanced period of life can go through it with benefit. The next case of rheumatism is also an illustration.—J. W.

RHEUMATISM TREATED AT THE AGE OF SEVENTY.

A gentleman, residing at Leamington, put himself under my care last summer. He had suffered a great many years with rheumatism, and had been treated by all the most noted practitioners with little or no benefit. During the last twenty years he had been forbidden to touch cold water. I found him in the following state: the hands, knees, and feet distorted and enlarged; the patella of each knee firmly fixed and immoveable; all the locomotion he was capable of, was a few yards on crutches. For the seven preceding winters he had not ventured out of his house, and he was carried up and down stairs. A few weeks after he had commenced the treatment by water, he was able to walk a considerable distance with one crutch, and shortly afterwards a stick was found a sufficient support, and he went out in all weathers without any disagreeable result. He left Malvern in the autumn, and has returned here to spend part of the summer. He has told me that during the winter he had taken a cold bath nearly every morning, and walked out every day. Many medical men were very angry with him, and a report was raised that he had fallen down in a fit coming out of church, "*the necessary and inevitable result of his morning ablutions!*" His door was crowded with carriages to inquire his fate; so that he was obliged to go and walk about the town to quiet the tumult. In the midst of all this, a little liberality is so *very refreshing*, that I cannot resist recording, that Dr. Jephson, meeting this gentleman walking about the streets of Leamington, said to him, "Well, I do not care how you got so well, or who made you so, I congratulate you on your great improvement." He has not taken a grain or a drop of medicine for the last ten months.

CASE OF INFLAMMATION OF THE BRAIN.

A gentleman, between forty and fifty years of age, was suddenly seized with all the symptoms of inflammation of the brain;

pain of the head, with urgent feelings of congestion appearing at the outset, a hot skin, great excitement, and very quickly strong delirium. The attack was met by active measures; the rubbing down in the shallow tepid bath, and small affusions of cold water for several hours in succession; and when the violent symptoms were subdued, leintuchs were used, followed by the further use of shallow-bath and affusion. This was the chief treatment, and the recovery was quite accomplished in two or three days.

By ordinary proceedings, it is not improbable that more than as many weeks might have been required. Both Captain Claridge and Dr. Wilson relate similar cases to this, treated in the same manner, and with equal success. (*Related by Sir Charles Scudamore.*)

LETTER FROM THE MOST NOBLE THE
MARQUIS OF ANGLESEY.

Beau Desert,
October 8th, 1843.

MY DEAR DOCTOR,

I have your instructions conveyed in your letter of the 6th, and they shall be implicitly followed, as shall be also any other alterations you may be disposed to make in my treatment, being convinced, (and this in the midst of much suffering,) that if anything can relieve me from my most dreadful of all disorders, your skill, and zeal, and great experience and *prudence*, will bring me through. I mark this latter word more particularly, because I hear of the most absurd and malicious reports being abroad of your having very nearly killed me!

Quelle folie, or rather, quelle méchanceté!!! Why, in general health I *never* was better than since you took me in hand, and I can declare that since the 21st of September, 1842, I have never for a single day had occasion to assist in any way whatever, *stubborn* bowels which reluctantly yielded for years and years, *only* to the most powerful and pernicious drugs.

It is true that to Homeopathy I owe much, from having first taught me to abandon druggery; but then Homeopathy had nothing to offer (me at least) in order to effect that which the free use of the pure simple water within and without, have, under your prudent and judicious management, so admirably effected. Still I am often in great pain—and no wonder;—a desperate malady that for six or eight and twenty years had been in full possession of me, and which has probably been immensely aggravated by the swallowing of a mass of the most violent and poisonous drugs—a quantity, which I do believe if noted down would not be credited. It is no wonder, I say, that

even water cannot in thirteen months effect a cure. But it has kept me in excellent, and even robust general health, and if, instead of being seventy-five I was only fifty-five, I should not be without hope of your totally subduing the enemy; but as I shall probably hardly give you time to obtain a complete victory, I must continue to bear my malady with all the patience and resignation that I can muster. If I do outlive it, (which, however, I own I do not expect,) I shall owe it entirely to your system. So persevere, my good doctor, as you have hitherto done, and believe me you will find a confiding patient; and may you and the admirable system you have introduced into this country with so much talent, perseverance, and success, go on and prosper through good report and bad report.

You will be glad to hear that Lady Adelaide is in high health, and a steady advocate of the Water Cure, and I hear most favourable reports of Lord Lichfield. Lady Anglesey is tolerably well. We all send our best wishes to Mrs. Wilson, and I remain, my dear doctor,

Yours truly,
ANGLESEY.

J. Wilson, Esq., M.D.

STOMACH AND LIVER DISEASE,
WITH ASTHMA.

Malvern,
9th October, 1843.

MY DEAR SIR,

It affords me the greatest pleasure before leaving Malvern to add my evidence in favour of the admirable system you practise, and my thanks for the kindness and attention with which you treated my case.

I have been upwards of eleven years in India; in the year 1836 I returned home on leave of absence, and had a most severe attack of influenza, and have not been well since. I returned again to England in May last. I had stomach asthma, and spasms of the stomach in their severest forms, with indigestion and constipation of bowels, and torpid liver of many years standing. I was treated with bleeding, leeches, blisters, and medicines, but all my symptoms returned again with the same severity. I then tried the mineral waters with no benefit, suffering two severe attacks while taking them; in this most miserable state, I determined to place myself under your care. I am in every way more than satisfied with the result. After from three weeks to a month's treatment I met by accident your neighbour, my friend the Rev. Mr. ———, who did not recognise me with my altered appearance. When I came to you in August I was clothed in flannel, and wore a great coat, and was still chilly and cold, now in October I am

without flannel, wear a single light coat and am warm and comfortable.

I had what is called a crisis, and a severe one; the phenomena attending it would not be believed by many without witnessing them, but I felt perfectly well at the time, ate heartily with an appetite three times a day, and took plenty of exercise with alacrity. A friend of mine, Captain —, whose case is well known to all in your establishment, had a crisis at the same time; it was considered one of the most formidable that occurs, yet I observed that his *gaiety* was not diminished, and his general proceedings as little disturbed as my own.

So great has been the benefit I have received, and so convincing are the many proofs I have witnessed of the extraordinary benefits to be derived from the Water Cure treatment *fairly* carried out, that it is my anxious wish to see others under similar suffering avail themselves of so certain and safe a cure. Wishing you many years of health to continue your present employment so eminently for the service of others, I have great satisfaction in subscribing myself,

My dear Sir,

Yours very faithfully,

J. DOUGLAS DE WEND.

Captain 44th Regiment.

LETTER FROM GENERAL MARRIOTT.

Avonbank, Pershore,
October 7th, 1843.

MY DEAR SIR,

Hearing that *reports* are going about the country that my treatment whilst under your care at Malvern had not ended satisfactorily, and that I had been obliged, on my return home, to call in the assistance of other medical gentlemen, I have done all I can to contradict these malicious and false reports, and shall be obliged by your doing the same.

I commenced the Water system on the 21st of September, and I left Malvern on the 29th, *contrary* to your express wish and desire to remain another day or two. On my return home, my family at that time not having the confidence that I had, requested you to ride over and see me on the 1st instant, when you found me in a state quite satisfactory, and without cause for alarm, and I have since been gaining strength by daily horse exercise.

Now not having the least knowledge of physic, I cannot pretend to explain my "case," but can conscientiously affirm that in the one short week at Malvern, without the hundredth part of a grain of medicine or one minute of pain or suffering, I passed through one of the most threatening and severe bilious and liver complaints that a quarter of a century's experience in tropical

climates has enabled me to understand and appreciate. I passed through it without any of that nausea, sickness, or disagreeable effect of calomel and other medicine, which I feel I have not now to get rid of.

Should the *report* alluded to, tend to injure your system, I should be much grieved, because I have already assured many of my friends that I had gladly placed myself under your treatment to test to the *residents* of the county, as far as I could, the beneficial results proposed by it; for if *half* the ailments proposed to be cured by its simple means, should prove true, what a blessing to humanity it will be to have the system *generally* adopted!

As chairman of a Board of Guardians (eight or nine years) over forty-two parishes, it could not have escaped me, that the principal part of our expenditure ("Out-relief") is caused by disease in the heads and elders of families, *prematurely* brought on by want of early attention; and most of these diseases are those which are successfully treated by the Water Cure system.

Why should our list of *incurables* through *rheumatism*, &c., be daily increased, and *young* heads of families begin to show tendency to the same malady? And why from fevers, &c., should a whole family and sometimes village be pensioned on "Out-relief" for ten or fifteen weeks, when in most of these cases a few blankets, sheets, and bathing-tubs, would stop or prevent the whole expense in a few days or weeks?

Now as the medical officer, in this part of the world at least, is generally paid by a salary for his whole district, and not "per case," I am certain that instead of losing, he would gain most materially by using, *when proper*, this short and easy mode of treatment; but my wish would be, that as the system is a most *powerful* one, so it should not be practised by the *ignorant*, but admitting as it does of scientific explanation, that every professional man (even for the sake of humanity) should make himself acquainted with it and study it.

I have little doubt that in a very few years a *certificate* of having attended a proper course of instruction will be as necessary as any other diploma or certificate now required, before a professional man can be appointed to the charge of a district; and had I any influence with the Poor Law Commissioners, the necessary *preparatory* instructions should be given as soon as possible. It was with these ideas that I placed myself under your care, that people might not say "he recommends what he dares not try." I need scarcely say that I am satisfied with what I saw and heard amongst your patients, that my confidence in your skill and ability has been confirmed, and that I feel very much obliged to you for your

kindness. You are at liberty to make what use you please of this letter.

I am, my dear Sir,

Very faithfully yours,

THOMAS MARRIOTT.

To James Wilson, Esq., M.D.

Malvern.

ACTION OF WATER ON MORBID STRUCTURES.

FIBROUS TUMOUR ON THE SHOULDER-JOINT.

A gentleman past thirty, came here with a tumour on the shoulder-joint, about the size of a small orange. It made its appearance after a course of mercury. The same metal was made use of to effect its removal; this succeeded to a certain extent, but it returned again as large as ever. The mercury, however, affected the bones of the skull and nose, some of which were thrown off. His general health and strength were also considerably impaired. In this state he commenced the Water Cure. The general health was soon in a state of improvement by the various processes necessary for his individual case, but the most striking effect was, that the compress on the shoulder, in a short time produced a thinning of the skin, and a perforation down to the tumour, which discharged itself rapidly in softened pieces and matter. During the whole of this time the patient declared that he had not the slightest consciousness of pain in the part. He rode every day on horseback, and used the arm almost as freely as the sound one. Dr. College (a physician of talent and great experience at Cheltenham) examined the joint frequently, while this natural operation was going on, and Dr. Gully told me that he said, that had he not seen it, he could not have given it credence, or have believed that water had such power. I should not omit to mention that the healthy flesh and structures of the joint were *not touched*, or in any way affected by the water; the tumour was taken out, as if it had been done by an expert dissector.

DISEASE OF THE JOINTS.—STRUMOUS CONSTITUTION.

A young lady, about twenty years of age, came to Malvern, with considerable enlargement, and a stiffened state of the knee and elbow joints. Her constitution was of the most delicate description; she was very thin, and altogether of the most fragile appearance. The nervous system was without tone, and of the weakest reactive power. She could only move about the room, with the aid of tables and chairs,

or a person to support her. When an attempt to walk was made, her attitude was bent, and it was a tottering effort. She had been a year and a half at Leamington, and when she had determined to try the Water Cure, Dr. Jephson, with liberality, advised her by all means to do so. After several months' treatment, Dr. Jephson, passing through Malvern was so kind, as to call and see how she was progressing. During his visit, he was so charmed with her altered appearance, that he could not rest exclaiming repeatedly, that he was delighted to see her looking so stout, and in such robust health. In fact, the character of the young lady's external appearance, and as well as her internal state, had become greatly changed. She is now the picture of robust health, with a deep blooming complexion, and ten days ago she walked from the douche baths, nearly a quarter of a mile up the hill, which is steep. The joints are reduced, and her appetite, sleep, and all the other functions, have been for some time in the most perfect order. I have no doubt she will make the most perfect cure, which she richly deserves for her perseverance, in what might almost be considered a hopeless state, both of limb and constitution. My learned friend Dr. Adair Crawford, examined the case several times when he was at Malvern.

TUBERCULAR CONSUMPTION.

We do not, as some of our kind neighbours would have it supposed, profess to "*cure consumption, cancer, or incurable diseases*," but, we do profess and believe, that we could in the majority of cases prevent their occurrence by a judicious Water Cure treatment. We moreover go further and assert, that in *some* cases great amelioration may be effected by the same means, even when these states are in existence. The following is an illustration. It may be said that it is an anomalous or a solitary instance, still it serves my purpose, which is to show the extraordinary *restorative and preservative* powers and properties of water.

The young lady, the subject of the following case, is about twenty-six years old; from the age of seven years she has been in delicate health, with all the characteristics of a scrofulous constitution. Her mother died of tubercular consumption, and she has a sister whose death is daily expected from the same disease. It is above four years since her own lungs gave evidence of becoming diseased, being troubled with a constant cough, and two years later the expectorated matter was streaked with blood. Last winter she was laid up, and lost all her strength; hectic fever, and night perspirations also set

in with considerable severity. At this time she met with my work on the Water Cure, and was much struck with the case of the Princess Sapiaha's daughter. I may mention that she is a young lady of great courage, intelligence, and originality of mind; she commenced the treatment herself, without consulting any one. She soon found herself relieved from the fever and night perspiration, her appetite returned, and she was able to take exercise. For several months she went on with an active system of treatment, walking from six to eight miles a day; her appetite increasing, and feeling, in short, in excellent health, but the cough and expectoration continued. At this time her feet began to swell, looked red, and felt sore; she wrote to some one professing the water treatment, who told her to desist from it immediately. She did so, the feet recovered, and she was again seriously ill. In the spring she came here. On examining the chest with the stethoscope, I found the upper half of the left lung nearly solid, with a cavity of considerable size in the summit; the pectorilique and other signs of a cavity, were not to be mistaken. The right lung, with the exception of from three to four inches of the upper part, which also gave evidence of being affected, was as far as could be ascertained, sound. A few mornings after this, I requested Dr. Gully to make an investigation; he concurred with me exactly in opinion. The patient was put under a regular course of treatment, and soon got into perfect health, in which she remains at this moment. The solidity is evidently much less than it was four months back. Some weeks ago she was examined by Dr. College of Cheltenham, and Dr. Savage of London. Their observation was, "that by all the rules of disease she ought to be dying." My opinion is, that reparation will take place, and Dr. Gully coincides with me. When she leaves off the treatment she becomes ill, and well again when it is resumed. There is nothing to prevent her going on with it, until the desired result is obtained.

LETTER FROM A PATIENT UNDER THE WATER CURE TO A FRIEND.

The following letter was shown by the writer to Richard Coxwell, Esq., of Dowdeswell, near Cheltenham, who was at the time a patient in my house. Mr. Coxwell told me of it, and I requested a copy.

MY DEAR SIR,

I was on the point of writing to you when I received your welcome letter of the 14th instant. The Water Cure has indeed had a most powerful influence upon me; it is really wonderful, so rapid, so extraordinary has been my recovery, after suffering, as I

have done, for many years. I am now, after barely a month's treatment, in the enjoyment of all the delightful feelings of health. When I came here I was in the most deplorable state of both mind and body, everything in my system was going wrong. I was considered by my friends in a hopeless state, and I knew that my medical adviser was of much the same opinion; everything tended to impress upon me the conviction that I had not long to live. You will no doubt like to know how so great a change has been effected, and what kind of life we lead at this interesting place. As soon as I arrived I had an interview with the Doctor, who, after a careful and lengthened inquiry, evidently thought my case a serious one requiring prompt treatment, but instead of plunging me at once into cold water, as I had been led to expect, a bath servant was set to work with warm fomentations, to which were soon added tepid wet sheet baths, chilled baths, &c., from which I experienced considerable relief, and by a carefully graduated system, I was soon brought into a state to bear cold water in the variety of ways in which it is here applied. Day after day I felt myself gaining strength of body and cheerfulness of mind, and all the dangerous and distressing symptoms giving way. Within ten days everything I had to do became a pleasure; I had a good appetite and a *good digestion*; and now my power of walking or riding is nearly as great as ever it was in my life. I reside in the Doctor's establishment, which is full of patients, and we form a large and agreeable party of ladies and gentlemen. If you saw us at table, I think you would find it difficult to credit, judging from the appetites and good spirits that predominate, that so many of us had been given up as incurables. We want neither champagne nor sauce piquant to make us merry; roast mutton, rice puddings, and such like good plain dishes are our general fare. Dr. Wilson dines with us whenever he can spare the time, and is perfectly free and communicative on all subjects which can be of interest or service to his numerous patients. Besides the establishments, the whole village is full of lodging-houses, which are principally occupied by parties who are under the care of Dr. Wilson and his colleague Dr. Gully, and surprising indeed are the cures. Like most other people at a distance, you no doubt think this Water Cure a terrible business to venture upon, a sort of "kill or cure," as I have heard it called. Nothing can, however, be further from the truth, when practised by a physician of science and experience in the new system; I have witnessed its effects on my fellow patients, and I have felt them in my own person, and I am convinced it is one of the greatest blessings ever discovered. I will give you only one case in addition, but

of quite a different character, to my own. A few days ago a daughter of Lady B—— was laid up in this house with a violent fever, the day but one following she was out walking. They appear to make quite a trifling matter of what are called acute attacks. The system must ere long find its way into our hospitals, or new ones be erected for the practice of it. For myself I cannot be sufficiently grateful. The Water Cure treatment here has saved my life, and I am now looking forward to return to my family to fulfil *with pleasure* those duties which have for years been a burden to me. Little did I anticipate when I was brought here that I should ever again be able to subscribe myself as I now do,

My dear Sir,

Yours very sincerely,

P.S. I wrote last week to our good friend, ———, with an account of my improvement, and I may also say to you as I did to him, that you have only to submit for a short time to the Water Cure to be entirely freed from your gout and all its irritation.

NERVOUS INDIGESTION, &c.,

WITH SKIN DISEASE.

We give this case in the words of the patient, who appends his name to it, and is well known in this parish.

"I am now fifty years of age and have had a bad stomach for nearly the last thirty years. All that time I have been tormented by uneasiness after eating, and the food returning an hour or two after taking it. It always came back to my mouth, just as I had eaten it. My bowels were always obstinate; indeed I never was without uneasiness and from the stomach. Now and then, about once in a fortnight or three weeks, I had tremendous headache which lasted generally twenty-four or thirty-six hours, and went off with a large discharge of clear urine. So much for my stomach disease. About thirty years ago a small patch of eruption came on the upper part of the leg, and itched dreadfully at night. Every night, as soon as I was warm in bed, it awoke me and obliged me to scratch it until some moisture came from it; it then became easier and I got to sleep again, but awoke again in the course of half an hour or an hour with the itching. This was the case for full thirty years, and I can safely say that during all that time my rest was constantly interrupted. I tried all kinds of prescriptions, and consulted medical gentlemen without number. Between the disorder of the stomach and the skin disease and want of sleep, my health became so bad as to oblige me to give up a good business I had in Worcester, and come

to Malvern to try what living there would do. I have now been eight years here, but was no better until about six months ago. As everything else had failed, I took to the Water Cure under the care of Dr. Wilson and Dr. Gully. I have had the wet sheet, have sweated in the blankets, and used hip-baths since last December. I have worn a compress over the bowels, and one over the skin complaint constantly. By persevering in these I got to keep my food down much better. My bowels are now open regularly once a day. I have gained flesh, and the colour of my face is quite changed. The best of all is, that the skin disease is so much better that I get as much as five and six hours sleep every night, and often without waking at all. Circumstances have prevented me from pursuing the water treatment the last four or five weeks, but I shall begin again in a few days and continue all the summer. I fully hope to be quite cured by the end of the summer, and look forward, as may be supposed, with great pleasure to being quite rid of my complaints, for which I had for so many years swallowed such quantities of physic and paid so much money, without getting the smallest relief.

"D. MAYER."

"Malvern, May 31, 1843."

The following satisfactory recovery took place last winter. The Rev. Mr. Majendie was in my house at the time; he and the patient got into such condition, that they used to walk to Worcester (eight miles distant) to church; this they did from mere redundancy of health.

NERVOUS INDIGESTION, &c.,

WITH SUICIDAL PROPENSITY.

The subject of this distressing malady was a gentleman of forty-six years of age, who after eighteen years of active and incessant attention to commercial affairs, retired with a moderate fortune from them in consequence of the growing distress both in the stomach and brain, which unfitted him for further action, and, as he said, "rendered the sight of the ledger intolerable." It avails not to repeat all the means he had tried previous to his trial of the Water Cure; suffice it that they comprised all the circle of drug medication and, what is for the most part as bad, *drug dietetics*, by which is meant the system of keeping up a certain amount of stimulation from food and wine on the condition of maintaining a proportionate amount of stimulation from medicines. He came here complaining that he only got one hour or an hour and a half sleep in twenty-four hours, that he had the most

horrible mental sensations, the predominating one being that he was doomed to be his own destroyer; indeed for the last two years he had never been left without some one to watch him. His bowels always costive and his belly protuberant, no pain was present when they were pressed; but eating always brought on a more intense degree of the mental pain. His volition was quite gone, and his moral courage extinguished. The contents of the chest were perfectly sound.

We commenced the treatment of this case with hot fomentations to the stomach and bowels at bedtime, the wet sheet bath in the morning and evening, a sitz bath in the middle of the day, and he also commenced lying in the wet sheet; the result of which was, that on the fourth night he had five hours' sleep. From the bowels too he had on the morning following this a good natural evacuation. The mind, however, still held by its painful sensations. He now began to lay every morning from one hour to one hour and a half in the wet sheet, followed by a bath; the sitz bath at noon and the wet sheet bath being continued. During this time he went every morning walking on the hill, and drank from three to six tumblers of water as he felt inclined. In the course of the day he drank from eight to twelve tumblers, taking exercise, which varied from five to ten miles a day. At the end of eleven weeks he left Malvern perfectly recovered, having, during the latter half of that period, used the douche daily, and broken upon the wet sheet by occasional sweatings in the blankets. His capability of taking water increased with his progress towards health, and he sometimes took fifteen or twenty tumblers a day. The changes in the expressions of his face indicative of that in his feelings, was striking to all the patients in the establishment, and from being the most lugubrious he became the most laughter-loving of them all. *He slept invariably from the time he went to bed—ten o'clock—until the servant awoke him in the morning; and his sleep was dreamless.*

The only evident crisis in this case was an increased action of the bowels for a fortnight, carried to the degree of diarrhoea for two or three days, but without any pain, griping, or debility. The wet sheet, however, in which he laid for a long time rendered the water in which he was daily washed dark and turbid, with a copious flocculent sediment.

REMARKS.—Here is a case in which during two years the patient had been gradually getting worse, notwithstanding that he had obeyed, as he said, to the letter every system of treatment he had followed, backed by perfect rest of mind and body. It is plain that in such fearful states of irritation of the nerves of digestion and of the brain, all internal medicinal means should rather

exasperate than alleviate, and such was the fact in the present instance. Yet by the soothing operation of the local fomentations and the general application of the wet sheet, an almost immediate effect was produced upon that irritation, as the sleep and rapidly increasing quietude of mind testified. The same remedies, by thus reducing irritation, and conjoined with the derivative effect of the sitz baths, succeeded at an early stage in setting up a regular movement of the bowels. Having thus secured the quiescence of the nervous system and restored the regularity and quality of the secretions and excretions, it only remained to renovate the tone of the system, which was effected most completely by the douche, and the appropriate union of the previously-named remedies. It will be remarked that the diarrhoea here served as an *internal crisis*, of which mention has been made in the previous pages. But although this did not continue for more than four days, there were for as many weeks from two to three copious natural evacuations every day; and it was a curious feature, as observed by the patient himself, that *the less he ate the more copious was the evacuation*, a fact of which he convinced himself by repeated experiment.

RHEUMATISM, CONTRACTED JOINTS, &c.

A lady about twenty-six years old, well-known to Mr. Hodgson, a medical gentleman at Birmingham, came to Malvern in July for the Water Cure treatment. She was in a state that we call in our profession "forlorn." The right knee and elbow were contracted, without the power of movement, swollen and painful; the wrists nearly in the same state, and many of the fingers completely distorted. She had been brought by her long and severe sufferings to a state of extreme debility, and appeared emaciated and bloodless. All the functions were deranged and in the worst condition. She had not been out or walking for nearly twelve months. She told me that her medical advisers had given a decided opinion, that "even if she ever recovered she would be a cripple for life." A few years ago I should have come to the same conclusion. From the impossibility of taking exercise of any kind, and the weak state of the patient, the treatment was commenced with tepid and chilled water, warm wrung sheets, both as ablutions, and for the vapour process, gentle sweating, and compresses, &c. In a few weeks the contracted knee gave way, and at the expiration of two months she was able to walk up tolerably steep ascents, without any lameness. In the third month she had become stout and well covered with flesh, the colour of the skin and face completely

changed, and all the functions of the body in healthy order. The elbow which I considered fixed beyond the chance of regaining its movement, is now beginning to give way. She also walks out in all weathers.

There is a feature in this case that should be noted, viz. that the patient had made rapid strides towards recovery, before she could use exercise or benefit by the fresh air of Malvern. The water treatment therefore claims some credit.

SEVERE STOMACH COMPLAINT, WITH ERUPTION ON THE FACE, CRISIS, &c.

The following case was sent here by General L'Estrange, who had been under my care the preceding summer, and was cured of some severe ailments.

A military officer, twenty-four years old, came to Malvern in December last, for the above very common and disfiguring disease. His face was covered with red pimples, many of them with white heads, one crop of them succeeding another. He had been for several years troubled with severe headaches and a confirmed stomach complaint, showing itself in flushings after dinner, depression of spirits, and obstinately constipated bowels. His appetite was entirely gone, and he had consequently fallen into the habit of taking a strong dose of spirits and bitters immediately before dinner, without which he was unable to eat any. He had had his gums "touched" more than once with mercury, and had no relief of bowels except from purgatives, from which period he dated the commencement of his complaints, both local and general.

As there was much internal irritation to subdue, the treatment was commenced by laying twice a day in the wrung sheet, followed by a general bath; a hip bath being taken at mid-day, and six or eight tumblers of water taken daily, the major portion before breakfast while using exercise on the hills. The feverish symptoms reduced, and the bowels relieved naturally, which took place in the second week, he commenced sweating, the douche and the hip bath, with an occasional application of the wet sheet. In consequence of this treatment, a crisis of boils appeared in the third week, showing itself on the abdomen and extremities. In the meanwhile, as early as the second week, the appetite had become good—indeed, almost too good, and continued undiminished during the whole treatment. What frequently occurs in skin disease took place in this case, namely, an increase of the original eruptions at the outset of the treatment. But as the critical boils appeared on other parts of the body, those on the face disappeared, and ceased to be

renewed. Indeed a striking change took place in the whole of the skin, which, from being harsh and inactive, became pliant and healthy in appearance. The total cure was effected in five weeks.

REMARKS.—It is only necessary to observe in this case that the eruption depended on the diseased condition of the stomach, liver, and bowels, and that this appeared to have been much aggravated by the medicines he had taken, the first course of mercury being, most probably, the starting point. Add to this the hurtful habit he had acquired of taking bitter stimulants before dinner to force a fictitious appetite, and stimulants after dinner to mask the pains of indigestion. This patient declared that for years he had not been in such spirits as he was during the time the crisis of boils was present, all of which time he never walked less than from six to ten miles daily.

THE CASE OF A PHYSICIAN WITH CHRONIC RHEUMATISM AND GOUT, AND TENDENCY TO MALIGNANT DISEASE OF THE STOMACH.

A talented physician, enjoying considerable practice in one of the suburbs of London, was the subject of this case. He is forty-five years old, during fifteen of which he has been afflicted with rheumatism and gout; besides which he has an hereditary tendency to black cancer of the stomach, his mother having died of that frightful malady. He had been constantly under treatment of one kind or the other, until his case was nearly hopeless, and his health so broken up as to oblige him to think seriously of abandoning his practice. An old friend of his, a physician* at the time under treatment of the Water Cure at Malvern, wrote to him, advising him strenuously to try it, which he determined to do; but previously made a point of calling on two of the most eminent practitioners in London, who, as might be expected, ridiculed the idea, recommending at the same time a course of mercury and iodine. The patient having previously tried this with some disastrous results, and convinced, as he said, "that that was all that was wanting to finish him off," at once started for Malvern, where he arrived in the following condition. The body much emaciated; the trunk almost bent double; face pale, sallow, and anxious; cheeks sunken; tongue swollen to twice its natural size, furred and red at the edges; appetite morbid and capricious, leaning to indigestible

* Dr. Adair Crawford, the learned author of the article "Inflammation," in the *Cyclopædia of Practical Medicine*.

articles of food; bowels torpid, with bad secretions; knees swollen and painful,—one of them lame for several years past; lumbago; incapability of walking more than two or three hundred yards without great pain and exhaustion; considerable fulness and excitement about the head; little or no sleep, and what there was of an unrefreshing kind.

We shall not enter into the details of the treatment of this case, but will merely mention that by careful management he was soon brought into a state that allowed of the application of all the processes of the Water Cure, even to the douche; and that, although there were many other drawbacks in the shape of mental excitements on family affairs, he left Malvern at the end of eleven weeks, standing erect, walking ten and twelve miles a day on the hills without fatigue, the lameness having disappeared together with the chronic swelling of the knees; his appetite so great as to require restraint, his sleep restored, and the bowels in perfect order. He left this about a month ago, highly satisfied with the results, and only regretting that his professional avocations obliged him to return to town, otherwise he would have preferred to continue the treatment throughout the summer. We venture to say that the change in his complexion and expression of countenance will be no small matter of astonishment to his metropolitan friends, both professional and laical.

REMARKS.—It will be seen that even a medical man may go through the "Dangers of the Water Cure," and come out of them, not only unscathed, but restored. Yet it should be stated that this enlightened gentleman would have been deterred from trying this only really safe treatment, but for the pressing representations of Dr. Crawford, who, from investigation and experience in his own person here, was well able to allay any apprehensions on the subject. We look forward with confidence to the day when many medical men will make a similar trial with a similar event.

EFFECTS OF THE WATER CURE TREATMENT AND WET SHEET IN CHILDREN.

The following letter was kindly sent me by a gentleman well known and holding an official situation of great trust and importance.

Bangor,
17th Oct. 1843.

MY DEAR SIR,

My knee still continues troublesome from the effects of the late unlucky blow; but the pain and swelling are steadily yielding

to the local application of water, and to my perseverance in such parts of your admirable system as are practicable while moving from place to place.

My bodily health is better, and my general feelings more tranquil than they have been for years. Dispepsia, with all its attendant discomforts, appears to have vanished, and I trust I shall always look back with thankfulness upon my five weeks' visit to Malvern.

But I have even greater cause of gratitude for the beneficial effects of the water treatment, under your skilful and judicious application of it in the cases of my wife and children. They all happily possess good constitutions but impaired, and in train to be still further injured, by the practice of resorting to medicine for every slight ailment,—a practice of which the pernicious tendency, especially upon young and delicate frames, has long been apparent to me, but from which neither science nor experience appeared till lately to have provided a systematic and safe escape. Your work on Stomach Complaints and the abuses of drugs, &c., enlightened me more completely on this subject, and although, with yourself, I regret the tone in which it is written, it contains invaluable information, and appears to me based upon enduring truth.

Malvern air no doubt contributed to the marked improvement which has taken place in the health of the two little girls, as well as their mother; but Malvern air could not (as packing in the wet sheet, followed at first by the tepid and afterwards by the cold bath did) have determined the internal irritation, which appeared to be preying upon the health, spirits, and temper of the children, to the surface of their skin, in the form of an eruption which at first alarmed our inexperience, but which you immediately hailed as an indication of their constitutional strength and of the efficacy of the system; and which you at once foretold, as the result proved in both cases, would *vanish* after a few more doses of the wet sheet, and carry their ailments with it. Certainly the glowing health and joyous spirits, in which I left them last week, afforded a striking contrast to their irritable condition when first placed under your care, and all this, be it remembered, without a single "gray powder," or a drop or grain of any other medicine whatever.

But I have a letter from my wife to day, in which she tells me that by your directions, the baby has been twice packed in a wet sheet, because his teething, &c. troubled him, that he enjoyed it as soon as he was fairly enveloped: fell asleep and slept long and soundly under the "infliction;" and each time awoke full of fun and good-humour.

Having so often myself experienced the tranquillizing effect of the wet sheet, I can well understand its soothing influence upon a child, especially when suffering from feverish irritation, and I am now fully persuaded of its perfect harmlessness and great efficacy when used under proper advice; I can now also enter into the feelings with which you wrote in your "Water Cure," that "*it is an application which has often saved, and will save again full oft, many children's tears, many a father's grief, and mother's lamentation.*" Pity that its entire safety, as well as its efficacy, should not be more extensively known and acted upon.

You are at liberty to make any use of this letter, which you may think at all likely to contribute towards this end; reserving my name only for those who may wish to know the authority upon which its statements rest.

I am, dear Sir,
Your faithful and obliged servant,

SCROFULA.

I extract the following from my work on the Water Cure; when Captain Claridge came to Graefenberg, to confirm his growing convictions, I particularly pointed out the following case to him.

"As in many other diseases, medicinal treatment has been found very ineffectual. Iodine has been found to do more harm than good, and is a dangerous remedy; the great reliance has been placed on change of air, diet, and bathing. From what I have seen of the 'Water Cure,' it has been very successful in the treatment of scrofula. The elevated position in which these establishments are formed, the pure air constantly inhaled, regular exercise, the tonic effect of a scientific system of bathing, the increased powers of digestion, forming new and healthy nutritive matter in large quantities, do wonders. But, independently of all these powerful hygienic means, pure water, applied externally, and absorbed in large quantities internally, has an effect purely its own, which cannot in the present state of our knowledge, be fully explained; nor is it absolutely necessary. We can study the effects of gravitation, without knowing what gravitation is. We can observe the varied phenomena of sensibility, and the different sympathies of the human bodies, without ever knowing what they are are.

"The treatment of scrofula by water embraces the whole of what is yet known of the modes of its application; no two cases can be treated alike. The age and relative strength of the patients, the complications, and the extent of the ravages which the

disease has caused, are the only guides; everything depends upon the tact and discrimination of the practitioner, and his knowledge of the disease and the remedy. There were a number of children under treatment at Graefenberg when I was there, and one grown-up person—a young lady from Hamburg. She left before me, perfectly cured; she was very handsome when the tumefaction of the nose, lips, &c., had disappeared; she had been about twelve months under treatment, and commenced it with all the external characteristics of scrofula, which she had had from an early age; her general health was also much impaired, attended with considerable suffering. For the first few months there was no evident change, except in the general feeling of health, which appeared to have become perfect. At this time the feet and legs began to swell, soon succeeded by copious discharges of thick glutinous fluid from the feet; this continued for three months, when it ceased, leaving her in the state I have described, without mark or external swelling. During the time that this crisis went on in the extremities, the warm compresses were kept continually applied, wearing large over-all boots, and taking her daily exercise with her accustomed facility. The general treatment consisted in the sweating process, wet sheet, cold, tepid, and chilled baths, hip bath, foot bath, compresses and douche, and the drinking of spring water, in proper quantity. In spinal complaints proceeding more or less from this cause, the Water Cure is equally efficacious. There were several cases I noted with great interest which made very rapid progress."

LIVER & STOMACH COMPLAINT, WITH EMACIATION.

The following was a good case; I cannot mention the gentleman's name, but he was attended at the same time by my colleague Dr. Gully: I may mention that Sir Joseph Copley dined in my house nearly every day during the progress of the treatment.

Mr. —, a Liverpool merchant, in consequence of long continued exertion in the climates of South America, irregular living, and considerable labour of brain, had at length fallen into a state of disease indicated by the following symptoms.

Complexion pale yellow, without a sign of circulating blood; face thin and haggard; body generally emaciated; pain in the right side of many years standing, bowels confined, appetite gone; great lassitude and indisposition to exertion. For these ailments he had gone through various courses of medicines, mercurials, purgatives, tonics, &c.;

he had also tried different mineral waters, and had finished the list with a course of Morison's Pills; all to no purpose, for he came to us with enlarged liver, and all the symptoms of confirmed stomach disease. It should not be omitted that he suffered from frequent tic and cramps in the leg. His age was forty-six years.

Alternate wet sheets and sweatings, with frequent sitz-baths, compress constantly kept to the abdomen, and latterly the douche, produced, in the course of a few weeks, a decided change in his appearance. His appetite became enormous, his digestion undisturbed, and the evacuations from the bowels, twice a day, very copious; he slept well, and his spirits were of the highest order. At the end of a month a crisis of boils commenced, principally over the region of the liver and right side of the body, which, however, were rather a subject of jest than of alarm to him, since, notwithstanding there were as many as twenty or thirty at one time upon him, he was never once absent from the breakfast, dinner, and supper table, and took his walks as he had always done. The only difference in treatment required for these boils was an extra wet sheet in the middle of the day, which, with the refreshing of the linen compresses, he found removed all inconvenience and disagreeable sensation, which might have arisen from the existence of the boils. Under the action of these boils, the enlargement of the liver rapidly gave way, and the diminution of its disease was palpably exhibited in his face, which became round and red from being pale and thin.

REMARKS.—In every way this case is satisfactory, and the result was obtained in much shorter time than we expected, being a little above six weeks. It is further satisfactory, as it gives the opportunity of demonstrating what has been asserted in the former pages of this work relative to the perfect safety of the crisis of boils when these are produced with discretion, and treated with judgment. *Being withdrawn from business and free from all artificial stimulants*, both mental and bodily, we perceive how small an affair this crisis is. But had this patient left us a fortnight before he did, with the boils upon him, and entered upon the cares of his business at Liverpool, or had he put himself under a course of drug medication at that time, we venture to say that the result would have been very different. As it is, we hear at this time (now five months since his leaving Malvern) that he is on the point of embarking for Canada, and says, "that he has got a new lease of life from the Water Cure."

SLIGHT PARALYSIS,

WITH EMACIATION, &c., TREATED AT
75 YEARS OF AGE.

I have taken this case from our "Dangers of the Water Cure, and its Efficacy Examined," to show what may be done by a careful and modified system of treatment. The patient came from near Richmond, and insisted that something should be done for her; during the time she was under the treatment here, she lived at the library.

"The lady who is the subject of this case came here eight months after a slight attack of apoplexy, which left her with the following symptoms. Partial loss of voluntary motion in the lower extremities, occasioning an uncertain and shuffling step, gradually increasing up to the time she came here. Considerable thinning of the legs, and almost total disappearance of the calf. Permanently cold feet. Speech altered and difficult. Tongue red and dry. Bowels obstinately bound, yet purged violently with three or four grains of compound rhubarb pill. Sleep disturbed. Occasional giddiness. Pulse large, hard, and bounding, and varying from eighty-five to ninety beats in the minute.

"The treatment was commenced by warm fomentations to the stomach and bowels, from three quarters of an hour to an hour night and morning. After the morning fomentation, she had a general ablution with a wet sheet, taken out of water at about 85°. She slept well the whole of the night, and the bowels were slightly relieved naturally. In the meantime she had had two foot-baths of cold water daily. At the end of a week she was in a state to be wrapped in the wet sheet, wrung out with warm water; but this was only done once, as, on the second day, it was applied cold, and she laid in it an hour each morning: a cold wet sheet-bath followed. From the commencement she drank about three tumblers of water a day. The result of this was that the bowels became regular and natural every morning after breakfast, the feet permanently warm, the tongue moist, the pulse soft and sixty-five. But what struck most forcibly a lady who lived with her for thirty years, was that in a few days after the first fortnight, the calves of the legs had increased remarkably in size, and that flesh had accumulated to some extent over the whole body. This lady is still under treatment; and lays every alternate day in the wet sheet, followed by a shallow bath at 65°, which she takes every morning. The foot-baths are also continued, as well as the compress over the bowels, which has been worn night and day from the commencement.

REMARKS.—After all the nonsense that has been uttered about the "Dangers of the Water Cure," what will the reader

think of them when he finds it applied to a case like this, in which every circumstance would seem combined to render it especially perilous? The previous apoplectic seizure, the tendency to its recurrence, the emaciated state of the body and of the lower limbs particularly, the advanced age of the patient, are all conditions which would illustrate the "Dangers of the Water Cure," admirably, were there any danger in it when properly applied. With such application, however, in an extraordinary short time, all the secretions are restored to a healthy state, nutrition is re-established, and the symptoms indicating fulness of the head reduced. It is one of the many instances which might be given of the united safety and potency of this mode of treatment; one such is sufficient answer to volumes of unfounded assertions.

MERCURIAL LEPROSY.

The following case presented as beautiful a specimen of the leprosy produced by mercury as I have ever seen; Dr. Gully also declared that he had not seen a better marked case; the recovery was rapid.

The patient, Mr. P—e, is a gentleman-farmer, and visits Malvern frequently; he came here in July for the Water Cure treatment. The chest and abdomen, in fact, the whole body, with the upper and lower extremities, were covered in patches with a scaly eruption, and the hands were so bad as to oblige him to have them always covered. On one leg there was a large ulcer of long standing. Before the skin disease made its appearance, he had gone through several courses of mercury. At the end of six weeks he left Malvern without a vestige of the leprosy. The skin was perfectly clean and smooth with the exception of slight discolouration on the arms where the patches of scales had been most abundant.

His general health was also good, he declared himself "quite well in his bodily health." About a month afterwards he called to show me the ulcerated leg, which had also completely healed. He went through all the processes of the treatment, varied from time to time as his symptoms indicated. There was no evident crisis in this case.

MISCARRIAGE.

In relating the following case I must confine myself to the leading facts, as I cannot enter into the details for the non-professional reader. The lady, the wife of a celebrated sculptor, was induced to try the Water Cure treatment, by her friends, Mr. and

Mrs. Calvert, who had been several months in my house. She was suffering from the effects of *six successive miscarriages*. Some of the symptoms were of a serious nature, and the recumbent posture was found necessary—any movement being accomplished with difficulty, and followed by great exhaustion. Having practised many years as an accoucheur, and been present at the confinement of nearly a thousand ladies, it may be allowed that I have had sufficient experience to form a just opinion in such matters. The treatment at first was gentle, and carefully graduated: it consisted of the tepid wet sheet bath, chilled sitz-baths, and a compress on the abdomen. In a few days, the warm wet sheet packing, and chilled shallow bath, with sitz baths reduced in temperature and of longer duration. In the second week she could walk about, and used all the baths at the natural temperature, and packing twice a day in the wet sheet. The third week she was able to use the douche, and could ascend the hills and take prolonged and active exercise. The rapid restoration to health and strength in this case, after so long a period of debility, and lying on couches, &c., was considered extraordinary, and a subject of much congratulation by her friends, and many patients in the house, who had witnessed her previous state of extreme debility.

Numbers now go to the Water Cure for this distressing disposition alone—for it has been found most successful not only in restoring the patient from the immediate effects, but also in preventing a recurrence. During my long sojourn on the continent, I met with numerous instances both in society and at the different Water Cure establishments I visited. This desired change is the result of the patients learning a more efficient and strengthening mode of managing themselves—substituting the stimulus of fresh air, and water properly administered, for the stimulants and sedatives and the destructive habits, that are followed by irritation and debility. It will be a grand thing and a blessing, when men get healthy wives, and women healthy husbands!

BARRENNESS.

The discovery that the Water Cure treatment frequently removed this state was the result of accident. Many ladies who had gone through a course of treatment for some other complaints, were rejoiced and surprised by having a family afterwards, having long given up all hopes of such an event. In time, and from repeated instances occurring, it became known, and many went to the Water Cure for this purpose alone. I was introduced to several ladies of rank, at the Princess Sapiéha's house at Friwaldau; they were getting into healthy condition

by the Water Cure, and also hoped to have a family afterwards. I had the pleasure of seeing two cases where it had succeeded.

It must strike the reflecting physiologist that the removal of barrenness in many cases, by the Water Cure, need not be looked upon as anything extraordinary—for what would be so calculated to effect this, as the rapid formation of new blood, the deposition of new and healthy solids, and throwing off of old matters, with the necessary removal of obstructions and diseased deposits, all of which takes place during the Water Cure treatment. Liebig, the great modern chemist and philosopher, made the following observation to Sir Charles Scudamore, that "*By means of the Water Cure treatment a change of matter is effected in a greater degree in six weeks than would happen in the ordinary course of nature in three years.*"

The following is also worthy of notice;—Dieffenbach, the great Prussian surgeon, told a friend of mine at Vienna, that when he had to operate, as in amputation, he could at once perceive the difference in the flesh of water drinkers, and those who had gone through the Water Cure, from those who indulged in stimulants, "the former cut and looked like *beef*, the latter like *veal*."

CONVULSIONS IN CHILDREN.

A child in convulsions is perhaps one of the most distressing scenes that can be witnessed, and great numbers die in this state. During many years of private practice in London, the treatment of children came necessarily much under my notice, and I can recall at least a dozen cases in which the convulsions were fatal; notwithstanding that all the most approved means were used, and all the best assistance that could be obtained called in.

The summer before last my child was slightly convulsed from teething, and there was every symptom of the attack becoming of a serious nature; it was deadly pale, grinding the gums violently, squinting, and becoming insensible. As soon as possible the partial wet sheet was applied, at the same time the feet were well-rubbed with the hands frequently dipped in cold water, and a wet towel placed under the head. In less than an hour all the symptoms had disappeared; the face composed, and the colour of the face rather better than usual. After the packing it was well-rubbed in a shallow chilled bath for a few minutes. After this threatening, a compress was placed on the abdomen and worn night and day, with the bath I have mentioned night and morning. Although the child was predisposed to convulsions, being very delicate and excitable, and teething very rapidly,

from having been nursed some months too long, there was not the least recurrence of the symptoms. I may mention that it is now strong and perfectly healthy, and has never taken a dose of medicine of any kind.

Before settling at Malvern, I had long conversations with Dr. Gully in London on this important subject. As I expected, there was no difficulty in convincing so enlightened a practitioner of the power and value of the wet sheet and its accompaniments, and that the wet sheet was "*a real blessing to mothers*," and I may indeed now add, fathers too.

Some time after I had been here he sent me a letter in which he related the case of a child he had been attending in Oxford Street. Three weeks or so previously it had been attacked with convulsions from teething; the treatment consisted of leeching, mustard poultices, and medicines. The child recovered, but was in a shattered state, with still much attendant apprehension from debility and a return of the convulsions. In a little more than a fortnight it was again attacked with violent convulsions, "the eyes turned up," &c. &c. It was at once put in the wrung sheet; in less than half an hour the child recovered its sensibility, and before the hour was completed there was free action of the bowels in the sheet, the child was quite quiet, all the symptoms having subsided. The same treatment was repeated next day, and in the evening of the same day, conjoined with head-baths as preventives; by these judicious measures the child went on well, and without any subsequent drawback; of course a chilled or tepid bath was used after the child had been enveloped in the sheet. It is well in these cases to put a deep soup-plate, filled with water, under the head, for some time during the period that the child is in the sheet, and at intervals to pour some of the water on the forehead with a large spoon.

The natives of the Hymalaya mountains induce sleep in their refractory children, by putting the head for a few minutes under the first spout of water they come to.

Many modes of treatment resembling the processes of the Water Cure, more particularly those that are considered dangerous and extraordinary, are known and practised by some of the native practitioners of India. Mr. Strachen of Clifton told me an interesting instance of an English officer being cured, when considered in a forlorn state, by having a wetted night shirt and cap put on him, and then enveloped in blankets. I have no doubt in my own mind that many of the prophets knew well the healing properties of water, and many of the processes of the Water Cure as it is now practised.

INDIGESTION & LIVER DISEASE

WITH ASTHMATIC BREATHING
AND INTERNAL ACCUMULATION OF FAT.

The lady who is the subject of the following interesting case, is a complete convert to the Water Cure. She has been two seasons at Malvern with her family, and has just left. It is now nineteen months since she commenced the treatment, has been quite well since, and she tells me she is now the same figure she was twenty years ago.

Mrs. H—, a lady, about fifty years old, of strong constitution, had been for many years in the habit of indulging a pretty large appetite to its full extent, and entering into all unhealthy ways of fashionable life. The consequences were, in time, shown in constant pain of the right side over the liver, and in the back, which was soon followed by asthmatic breathing, laborious action of the heart, and therefore, the greatest difficulty in ascending stairs. At the same time she became inconveniently fat on the surface, and gave likewise every indication of a similar accumulation within, and more particularly of that which is so apt to take place about the heart, the kidneys, and coverings of the bowels. The other common symptoms of a deranged state of the digestive apparatus, especially costiveness, were all present. With these ailments she came to Malvern. On my first visit, I could hear her breathing before entering the room.

It is tedious to recapitulate frequently the treatment of indigestion and its accompaniments; suffice it to say, that in ten days this lady was able to walk up the hills with but little difficulty of breathing, an undertaking she would not previously have dared to attempt; the pain in the side, for which she had been frequently cupped by other practitioners, was gone; the functions of the stomach and bowels were regularly performed; and her spirits rose to the highest state of exuberance. She continued the treatment for six weeks, at the end of which time, a crisis appeared in one of the legs in the shape of boils; which, however, did not confine her to the house. It is now about eight months since she left this place, and a week or two back we had the gratification to hear, through the medium of a lady resident at Malvern, that she continues in perfect health and speaks of herself as "better than she ever remembers herself to have been."

REMARKS.—In the ordinary mode of treatment by drugs, &c., this lady would have occasionally had temporary relief by doses of mercurials, salines, and purgatives; she would have been (as indeed she frequently had been) cupped over the side, and some-

times at the back of the neck; and many would probably have bled her from the arm also. A sound pathologist, looking to the case as it was presented here, would have no difficulty in predicting to what such treatment would eventually lead. Most unquestionably dropsy of the chest or belly would have been the result, if, in the meantime, some acute inflammation had not intervened to carry her off. On the other hand, the water treatment, by setting up and maintaining a vivid action of the skin, by inducing a healthy degree of waste through it, and a healthy state of all the secretions, by the transfer of irritation from the internal parts to the point at which the crisis appeared; and by enabling the patient to take a great amount of active exercise, brought about a state which annihilated the local congestion of the stomach and liver, and put a stop to the enormous accumulation of fat about the heart and other viscera, which they who are in the habit of seeing these kind of cases readily detect.

CASE OF MADNESS.

EXTRACTED FROM MY "WATER CURE."

This is a specimen of one of those formidable cases in which Priessnitz, though making so light of them, shews his genius, tact, and knowledge of the power of water. Soon after going to Graefenberg, I was fortunate enough to witness the following:—

A gentleman arrived soon after me, with all the characteristics of intense melancholy and hypochondriasis: I made his acquaintance at once. I found that he had been occupied all his life, and subjected to much confinement, in a government bureau; he was upwards of six feet in height, and large in proportion, but with a weak, tremulous voice, almost approaching to childish treble. It seems that he had been in a state of melancholy for many years, and suffering greatly from his digestive organs; two months before his arrival at Graefenberg he had lost his wife and two children in one week. He had great fear of water, and was put upon the most gentle course of treatment; he often would say to me, "My thoughts are so horrible, I think I shall go mad." One day, while we were at dinner, Priessnitz was called out of the room, and I soon heard that the "Commissioner" as he was called, was mad. I followed, and found him in a shallow tepid bath, kept down and rubbed by half a dozen strong bath servants. He inhabited a large room like the ward of a hospital, where fourteen gentlemen lived together, having their beds merely separated by a slight screen; those who feel the want of society and have a disposition to melancholy prefer this, and it is made for them. It appears

that just before dinner, one of the servants saw there was something more than usual the matter with him; by-and-hye his state became evident, he went raving mad; he attempted to throw himself out of the window, and was only prevented by two strong servants. His legs and feet were placed in water and well rubbed, while Priessnitz was sent for, who, on his arrival, ordered him into the bath; at first, the water was chilled, but as the symptoms did not decrease, cold water was gradually added, hour after hour, till it became quite cold; at intervals a tumbler of water was poured over the head, and finding that it still kept up its heat, a decanter of cold spring water was emptied quietly on the head every ten minutes, quarter of an hour, and thirty minutes, as the case went on. During the first four hours he made repeated efforts to get out of the bath, muttering continually some unintelligible sentences. Now and then the *armpits* were felt, to discover whether they were reduced in temperature with the rest of the body. Priessnitz, who was calmness personified, thought it a bad case, from the length of time that this state of things had been in preparation; he asked me very quietly what medical men did in such cases, and how they terminated. I told him we bled, leeches, blistered, &c. &c., and that the patient very often ended his days in an asylum; he gave a look which expressed that he was satisfied. After the man had been nine hours in the bath, the symptoms gradually disappearing, he fell asleep. Priessnitz happened to come in just at this time, and said, "That will do, let him rest twenty minutes longer." At the end of this time he was put to bed. I visited him next morning at six o'clock, he was quite calm, had slept well, and *had no recollection of anything that had occurred*, complaining only of feeling tired. At eight o'clock he ate his breakfast of bread and milk as usual; he remained in bed during the day, and had two or three wet sheets. Falling into a perspiration, he was, after it had continued two hours, put in the shallow chilled bath," and washed for seven or eight minutes. The next day he was able to walk about; a profuse eruption of small pustules coming out all over the body: Priessnitz had predicted this when he had been about an hour in the bath. He remained about two months longer at Graefenberg, when he was obliged to leave: he was somewhat better, but to have made a perfect cure many months longer would have been necessary. A complication of diseased states, which for so many years have been rooting themselves in the different organs, cannot be repaired or thrown off in so short a time as people could wish,—a simple cut will not heal in twenty-four hours. I observed that

the water in the bath in which he remained so long, became, after a time, perfectly turbid like muddy water, being a secretion from the skin; this is always the case. During the whole of the scene I have described there were never less than from twenty to forty persons present. I related this case to Captain Claridge when he came to Graefenberg, and he mentions it in his book.

AN ATTACK OF MADNESS.

There was another interesting case of madness which I shall relate—important, as differing in its nature and mode of treatment from the one I have already given. A gentleman, a little past thirty, made my acquaintance soon after my arrival at Graefenberg, because, as he said, I was an Englishman; he was at Graefenberg to be cured of a tendency to fits of insanity. We became great friends—he always met me with a passage from one of Byron's poems.—"I rove the young Highlander o'er the dark heath." He would often repeat, "Do you like Byron?" When I answered, he was a great poet, he would say, "You're a gentleman.—Is not Priessnitz the greatest man that ever lived? and the 'Water Cure' an inspiration from Heaven?" When I replied, that I made no doubt when it became generally known, and when people lived with moderate temperance, and learnt to manage themselves properly, *there would be an end to chronic disease*—there would be no more diseases of the heart, brain, or stomach—he would catch me up in a bruin-like embrace, and almost squeeze the breath out of me, crying—"I rove the young Highlander." He would add—"But won't the doctors in England, when you go back, kill you?" "No," I replied; "they only injure some of those who take too many pernicious drugs, and with the most innocent intentions. I shall never again take a grain of medicine of any kind, so I am safe; but they are not such desperate people as you imagine, for they do not even interfere to protect the public from notorious quacks and impostors, who kill wholesale, and *not* with the best intentions." "Ah!" says he, "perhaps that is because those terrible persons you name make work for them in the end." I said, that was rather an uncharitable construction. I could always find him within a quarter of a mile, by his singing his pass-word. When walking among the pine trees I am sure he fancied himself in the—

"Land of brown heath and shaggy wood.
Land of the mountain and the flood."

He was going on very satisfactorily, when he went roaming, with some other wild fellows, to the frontier garrison town of Neisse,

It is too bad; a man can find no rest in this place." With a little coaxing, however, he generally came round, and then he would relate his sufferings. "Oh, I have passed a horrible night! No sleep, and I was dreadfully sick; such sour, bitter stuff," &c. If I had said a word about the pork, sauer kraut, and other indigestible combustibles, he would never have spoken to me again. Thus this unfortunate man went on from day to day, if not aggravating his ills, at all events keeping them stationary. With a rational system of diet, and a more appropriate treatment, I have no doubt he might have been much relieved, *though not cured, for the organs essential to well-being were too much injured by the IMMENSE QUANTITY OF VEGETABLE AND MINERAL POISON which had been applied to them.* I could relate a number of similar cases, ending more or less in the same way. I may here mention that I made it a rule to inquire the morning after one of the indigestible dinners, how the dyspeptics and hypochondriacs found themselves. They were invariably in a suffering state. By some I was at last detected, and they would give me no answer but "Ah! I suppose you think I ate too much yesterday. I won't tell you how I am." In such cases I replied, "I don't want you to tell me; I can see how you are, by your moroseness, and the absence of your usual amiability. We will have a chat to-morrow—i. e. if you don't stuff again to-day." I had committed myself on first going to Graefenberg, by giving some friendly advice as to gormandizing. On this being repeated to Priessnitz, (for he is told everything that is said and done,) he said, "Eat as much as you like." This was told me again with exultation, and a look as much as to say that I knew nothing about it. I mention this as a hint to any of my brethren who may go to Graefenberg.

RECOVERY FROM RHEUMATIC GOUT, &c.

AT AN ADVANCED AGE.

I extract this case from my work on the Water Cure: "I owe the pleasure of having witnessed the following extraordinary recovery, to Count MAZENSKI, a gentleman with whom I was on very intimate terms at Graefenberg, and whose little daughter I saw cured of hydrocephalus, or water on the brain, when in an advanced state, (I mention the name, as most of one's water friends are too glad to have these matters well authenticated, to care about their names appearing in print; the present one I can answer for—at the same time it facilitates the inquiries of medical friends going to Graefenberg,) introduced me to a near rela-

tion—a lady between sixty and seventy years old. She came under the care of Priessnitz in the following state: she was completely crippled with rheumatic gout; had not been out of bed for nearly twenty years; for sixteen years had been supported in nearly an erect sitting posture, with pillows, being unable to lie on the back, or on either side; her digestion was also bad; and for seventeen years she had not been able to hold a pen. Priessnitz at first refused to undertake her case, or to submit her to the influences of water. But from a very extraordinary tale which she told, and the entreaties of her friends, he consented to try some gentle means, which were nearly as follows:—Every morning the upper part of her person was gently rubbed all over for a few minutes with a towel moistened in cold water. She was then well dried, and the dress replaced. The legs and feet were then well rubbed in the same way, and the same thing was repeated in the evening. A bandage, well wrung out, of cold water, was placed round the waist, covered with a thick dry one, and the same dressing to the legs, elbows, and wrists; a few tumblers of water were drunk during the day, more or less, as she felt inclined. She was also gently sweated, and was a few times enveloped in the wrung sheet. In a few weeks a slight pain was perceptible in the back, and by-and-bye a boil made its appearance, which, in due time, discharged a quantity of matter so offensive, that only one person could be induced to enter or remain in the room—a strong Polish servant girl, about twenty years old. I saw the girl, and questioned her through Count Mazenski. The third day after this, the poor girl had the jaundice. In the course of a fortnight or three weeks the lady was able to eat almost anything, after years of abstinence and care. She could lie down on her back for a short time, and turn about as she pleased with very little assistance; and I saw her a short time afterwards writing letters, which she did half-a-dozen a day, to send to her kindreds and friends as the greatest curiosities, and to convince them by ocular demonstration of what they otherwise would not have believed. She was carried every day and placed in a carriage and took a long drive. She went on with the treatment for some months after this, and recovered the use of the lower limbs in a remarkable degree, and her general health was completely re-established. Here there was not "air and exercise," and no particular diet. No doubt it will stagger a little those who think that diet, air, and exercise constitute the principal parts of the Water Cure. I have said they are necessary and valuable adjuncts to the cure of diseases by water, and will restore health alone in a variety of cases; in a variety of others they will not. I could

give a number of illustrations even more extraordinary than this, to show that *water has a mode of action of its own*; and I may as well mention here as anywhere else, a CAUTION to those who may be labouring under *long-standing chronic disease*. If they apply water themselves as laid down in books on this mode of treatment, *they may get themselves into a dilemma, not without danger*.

SUDDEN RECOVERY OF THE USE OF THE LIMBS.

I extract this striking result of the treatment from my "Water Cure."

"There are also some curious phenomena frequently occurring at Water Cure establishments, which ought not to be omitted, amongst the encouragements which a patient finds there, and which cannot fail to inspire him with the conviction that water is one of the most powerful remedial agents. Many of these have come under my own observation, and as they are really as curious for the medical reader as they are marvellous for the non-professional, I will relate one or two.

"Colonel Koone, the Commandant of Military Police at Milan, a fine old man, much beloved by all who had the pleasure of his acquaintance, came to Graefenberg soon after my arrival there. He was carried up into his room in the arms of his servants; he had not been able to walk for a long time. It was not a case of paralysis; he could move his legs and had feeling in them, but could not walk. (His case I shall give in its proper place.) His treatment of course went on in his room, which looked out upon the court in front of the large house. About two months after he had been treated with water, one day, before dinner, his window was thrown open, and a man was seen shouting and dancing, as if he were crazy, calling upon some people he knew in the yard, myself amongst the number, to come up to him. We made a rush for it, helter skelter, who should get first, not knowing what could possibly be the matter. When we entered the room, judge the astonishment of all, to find that the Colonel had recovered the use of his legs; he went on dancing, jumping, and embracing his friends. Priessnitz was sent for; when he came, though he could not help smiling at the singular scene that presented itself, he said, 'I am sorry this will not last; it is only the "*bad stuff*," which is gone somewhere else.' We all looked a little chap-fallen at this. In the evening the legs and knees particularly began gradually to get stiff again; but not so bad as they were before. He went on recovering

gradually, and was soon able to walk with two sticks, and to mount to his room with the aid of the arm of his servant. Before I left he walked tolerably well; his appetite, which had been deficient for many years, was returning with vigour, and he had the fairest prospect of ultimate recovery. It had been a matter of debate, even after he had been some weeks at the Water Cure, whether he should not give up his command, but soon after the critical change I have mentioned, he and the authorities were assured that he would make a cure and be able to resume his duties."

CASE OF SUDDEN RETURN OF HEARING.

Baron Votie, the subject of the present case, is well and esteemed known at Vienna. He gave two grand fêtes on the recovery of his wife and daughter by the Water Cure treatment, at one of which I was present.

"Baron Votie, colonel in the Austrian Service, whose whole family had experienced the benefits of water, was at Graefenberg with his wife and daughter. His daughter had been given up by the whole faculty of Brussels, Paris, Berlin, and Vienna: his wife, with all this travelling and anxiety, some weeks after she had been at Graefenberg, and when her mind had become more easy, fell into a state of typhus fever of the very worst description. (This is often the case when the stimulus of anxiety is suddenly taken off.) Priessnitz saw it coming on, and wished her to do something to prevent it, but she would not listen to him, saying, 'I am here for my daughter, never mind me.' She recovered of the fever, however, by the water treatment, and continued the cure for her general health, and the Baron often said that she looked 'twenty years younger.' The daughter was one of the young ladies who received the affectionate 'Farewell—farewell for ever!' before going to the 'Water Cure.' By the time I am speaking of, she was fat and ruddy. To return to the Baron. Nearly forty years ago he had been wounded in the back of the head, in defending a bridge against the French—a gallant action, which is commemorated in an engraving which he showed me. From that time he had been nearly deaf. He was very fond of bird-catching, at which he was a first-rate hand; and as I never heard of his mode in England, and it may be considered curious by some of my readers, I will describe it. After placing the twigs, he hid himself near the place, and made a loud noise resembling that which is made by the owl when it is caught. The poor little birds, fancying their midnight

enemy in trouble, or in a trap, flocked in hundreds, not to assist him, but to peck his life out. In this way he would sometimes entrap from fifty to a hundred birds 'at a sitting,' selecting those he wished to keep, and letting the others off. One day when thus employed, suddenly he heard a noise of all the birds, sufficient to split his head. Off he ran, and when he got to his room, his servant seeing him in such a hurry, thought he wanted a bath, and cried out in the usual way to the deaf man, so that he was obliged to put his fingers in his ears. This went gradually off, until he was nearly as deaf as ever. On another occasion his hearing returned at dinner; he bolted out of the room as if he was running for his life. He said afterwards, that the clatter of three hundred pairs of knives and forks introduced so suddenly to his attention, was more overpowering than a park of artillery let off at once, and without notice.

CRIPPLED CASE OF CHRONIC GOUT AND RHEUMATISM; DANCING, &c. &c.

Yesterday the subject of the present case, the son of a late admiral, told me with the greatest glee that he had been dancing the night before at a party given here by the Rev. Mr. Baumgarten. I cannot resist the pleasure of briefly relating the case, which the patient's modesty alone prevents him from doing himself. It is fifteen years since he went to India: during the last seven years he has been in a crippled state, and very frequently laid up for three and four months together, and obliged to be moved and turned in bed by an attendant; he further adds, that during the seven years he had "taken all the most approved remedies to an unlimited extent." On examination, I found the ankles, knees, and wrists, double their natural size, hard, and with little movement, and the third finger permanently bent into the palm of the hand. The face was of a leaden hue, and the lips ash colour. All the functions were disordered, and the constitution bearing all the outward marks of being much injured. Such was precisely the state I found him in. It is now two months since he commenced the Water Cure treatment, and all the functions have been restored to healthy order: his appearance is so changed as to be a matter of general observation, and he can walk briskly up to the Witch, (a cut at the top of the mountain, about a mile distant.) During the last seven years, he says, that he has not been able to walk, or rather "hobble," above a hundred yards, without great fatigue and pain. His progress has been rapid, and he will make a most complete cure.

At the party where he danced there were

many unreflecting persons, no great admirers of this mighty innovation; but when they saw the patient go through the first quadrille, many began to have a suspicion, that really after all it was not such inhumanity as might be supposed, to enable a confirmed cripple to dance, and walk to the Witch, or so barbarously bad, as some might think, to change "the human face divine" from a leaden hue to the rosy tints of health.

It should never be absent from the minds of good, though prejudiced people, that to be guarded and to take time to consider, is the quality of a wise and just spirit. And it should never be forgotten by the prejudiced or unprejudiced, the ignorant or the interested, that *the first attempt to print and circulate the BIBLE met with as much opposition and persecution as any "innovation" on record.* One would think that this great fact alone, independently of numerous parallel instances that might be cited, ought to be enough to make people who have pretensions to reasoning powers, a knowledge and understanding of the past, or who reflect on the wondrous scheme of man's progressive civilization—to keep their judgments in abeyance.

THE AUTHOR'S CASE, AND RECOVERY BY THE WATER CURE TREATMENT.

Amongst my earliest recollections are those of my mother giving medicines and lotions to the poor; she was a kind of Lady Bountiful, and I can distinctly recall, when I must have been about five or six years old, a side table on which there was something like a soup plate piled with pence, and by its side lotions, draughts, and pills; these were for the poor. She was the most tender of mothers, and with the best intentions, I was very nearly *spoilt* by indulgence and physic. I never could ascertain the fact, but I have little doubt but the first thing that greeted my unfortunate stomach on entering into this "wicked world," was a dose of castor oil. To this day port wine reminds me so strongly of powdered bark, that I dislike it; and black current jelly is still my aversion, for the very name brings with it visions of rhubarb, calomel, jalap, and Ching lozenges. By this system of management, at ten years of age I was a juvenile dyspeptic, with a nervous system already morbidly excited, reading works of imagination with avidity, with an *irritated brain and slightly inflamed stomach.* At fifteen I had lost my parents, and may say was without control. I entered the medical profession, and for more than seven years was seldom absent from the hospital or dissecting-room; this, combined with every inattention to diet and exercise, and taking

at the same time stimulants and medicines of all kinds, considerably advanced the stomach and nervous complaints, which had been commenced in my infancy.

After taking my degrees I allowed myself no interval of rest—the worst possible economy of time I could have adopted,—but purchased half of a large practice in London, entering into a partnership—midwifery forming a part. For about seven years I was actively engaged in this, with as little attention as ever to diet and stimulants. By this time I had become really an ailing man. I was always on the physicking list myself—the dressing-table was covered with pill-boxes and various draughts *always ready*. Day after day came the melancholy debate, whether it would be better to take the compound rhubarb or the compound colocynth pills,—with or without the *blue*—or would it not be better still to try the “cold drawn,” (castor oil,) or rhubarb and magnesia. This irritating contention generally ended in my taking, what from my feelings of discomfort, I afterwards thought was the wrong dose—the truth is, it was all wrong. As may be guessed, I consulted all my medical friends, and gave their methods a trial. I rubbed in tartar emetic until I had a *crop of boils*, — “*the plague of Job*,” without his patience,—and took mercury until my breath was fetid and my gums sore. By this time I had established some serious diseases. I had a stomach and liver complaint, with chronic duodenitis, an inveterate skin disease, and *tic douloureux*. My nerves were completely shaken, accompanied with despondency and nervous apprehensions, and irritability beyond bearing. I was indeed an old man before my time; I understood *Ecclesiastes*, and felt that all *was* vanity and vexation of spirit. In this deplorable state I abandoned London, and for several years wandered about the continent, passing my time principally in Germany and Italy. I consulted all the leading men in most of the capital cities of Europe, and was still no better. I read again and again every work that could enlighten me on my complaints, and ended, from personal experience and conviction, in giving up medicines. A few leeches, with warm fomentations, and dieting, affording more relief than anything; in fact, I believe these last remedies preserved me. My ailments for a long time had become a morbid study for myself, and I am now persuaded, that except for closely observing the phenomena of disease in my own person, I never could have understood many nervous complaints, and the *real* properties of many drugs. There are many men of talent and great experience, who from getting into a routine, and having nerves of iron, and the digestion of an ostrich, cannot trace the connexion of my painful diseases, or be persuaded of

their source; they overlook some of the most *real* and distressing complaints or call them “*functiful*.” At this period I had heard of the Water Cure, and soon afterwards a work on the subject fell into my hands. Having long contemplated such a thing, I thought I understood it, and at once decided on a trial. I should mention that for more than twelve months before I went to the Water Cure I had rejected my dinner three or four times a week,—not from sickness, but from the distress I experienced some hours after taking it—there was also inveterate constipation. I was very thin, and my calves completely gone. It was altogether fifteen months before I was perfectly cured of the skin disease, that being the last to disappear.*

During nearly ten months that I remained at Graefenberg, I pursued the treatment with great diligence, and at some other establishments afterwards more lightly. It consisted principally in the wet sheet packing, shallow bath, sitz bath, and sometimes the douche. The compress on the abdomen being also regularly worn, as well as a compress on the skin disease, as far as I could manage it. During the first three weeks of my treatment I suffered from the water turning excessively acid, and from my being sometimes obliged to reject it—but towards the end of the month a good appetite set in, after having been for years without the sensation. I soon got to relish hard cow beef, and veal a day old, with all the *et ceteras* of the Graefenberg table, caring more for the quantity than the quality. In the third week I had a sleeping attack, which lasted for about six days; I nearly fell asleep on my walks, and was frequently obliged to lie down and sleep two hours before and two hours after dinner, and go to bed at nine in the evening. At the expiration of the fifth month I had gained sixteen pounds in weight, and had all the delightful feelings of returning health. In the midst of this a crisis of boils appeared on the right leg, and the pain in the right side over the liver, which was still distinctly felt on pressure, was remarkably relieved. There was another curious result—two years previously I had contracted at Naples an irritation of the lachrymal gland of the right eye, and from that time, as soon as I went out in the open air, I could throw as many tears as I pleased out of the eye by a jerk of the head; it had never stopped, although I had tried several remedies. I soon, however, observed that it was aggravated, when my stomach and duodenum were worse. The state of my eye had been remarked by many of my fellow patients, and it created a little sensation when I appeared

* It was Dr. Gully's opinion, and indeed my own, when I left London, that the skin disease would spread all over the body; it had already appeared a little in the skin under the whiskers.

without tears or the usual white handkerchief which I had always in my hand to apply to the eye. It stopped suddenly the day after the crisis, and many came to look at "the cure of the English doctor's eye." In ten days it returned, and ran again as badly as ever, and the handkerchief was again in constant requisition. This failure produced despondency in many hypochondriacs who were *zealous* in pointing out to others that my eye was as bad as ever, and that the Water Cure was, after all, good for nothing: however, a fortnight after this disappointment I had another eruption of boils on the liver and leg—the tears were again dried up, and they have stopped from that day to this. The dull pain, also, which for seven or eight years I had felt more or less in the right side also disappeared. The skin disease, however, was still there, although the itching was materially diminished and the skin much less hard and leathery. I was told from the first that this would be a slow business. I persevered, and at the end of fifteen months the surface of the skin was smooth and without blemish. My colour had become healthy, and I had gained thirty pounds of flesh.

During the time I was going through the cure, the quantity of water I imbibed averaged twelve half-pints a day. On one occasion I drank thirty tumblers of water from the spring before breakfast; I was perfectly well all the day afterwards, and felt no effect further than an irresistible appetite. I was making a variety of experiments at the time, having become quite well, and this was nothing more. I do not think it would be advisable for patients to repeat such experiments. The compresses worn on the stomach at one period of my treatment, at intervals used to be covered with a *deep blue* secretion, at other times it was thick and glutinous. I also had a severe attack of fever. The evening that I removed from the Graefenberg hill to the little town of Friwaldou, and had just got into bed, (having a crisis upon me,) the town was on fire. The wind blew a gale, and the wooden houses and roofs carried on the fire like a field of dry reeds. The whole thing was so sudden, that I had to throw my traps out of the window, and hurry out. After being up all night and wet—the next day I found myself in a burning fever,* with intense headache and pain in

all the limbs, &c. I immediately turned to, had four wet sheets running for a quarter, half, and three quarters of an hour each; and then a shallow bath; in three hours I repeated the process, and again before ten at night. The following morning I was better, but still headache and fever. I went on with the treatment, and the third day was out and well, hungry and hearty. I then heard that Priessnitz, who had been wet to the skin all the night of the fire, had also an attack of fever, and had been passing his time as I had been, in wet sheets. I have no doubt he felt as *safe, comfortable, composed, and refreshed* as I did, in this great and merciful discovery.

Some time after this I had intense jaundice from the passage of gall stones; a lady observed that I "looked like an orange in a white pocket-handkerchief." I lay an hour twice a day in the wet sheet, with sitz-baths, shallow baths, compress, and fomentations; the sheets and compress were tinted yellow. The skin was clear again in ten days, and the relief I experienced from the different processes very great. Twelve months last autumn, I had a severe attack of influenza, and many in this village were laid up with it; wet sheets again with the accompaniments, and I was enabled to visit my patients regularly, without an hour's confinement.

It is now three years since I have taken a dose of medicine, and in the interval have done some hard work, in fulfilling my vow to aid with all my means in establishing the Water Cure in my native land; added to which I have endured a no small amount of irritation, misrepresentation, and abuse; nevertheless, I am quite well, and with the blessing of Providence, trust to continue so, and to have as many patients to attend to as will be consistent with my self-preservation. *Under these circumstances, would the gentle and candid reader advise me to abandon the WATER CURE, and return to the practice of medicine?*

what I have seen and experienced since, of similar states of disease, there is no doubt but that a few sheets, &c. &c., would have sent me out walking in some days, with little or no debility.

I sent one of my books to Dr. Stokes by a patient. When it was presented, with my grateful remembrances, he said with a sigh, "Ah! I never taught Dr. Wilson empiricism." Thus this distinguished physician, whose good opinion I have always coveted, in the politest way it could be done, insinuated that I countenanced quackery. But I have learnt patience; and I have no hesitation in predicting that before two years are passed and gone, Dr. Stokes will be practising in his hospital what he now deems a quackery. I do this boldly, from the unbounded confidence I have in his intelligence, vast medical knowledge, and that uncompromising rectitude, which in him is hereditary.

* When I was at college, from over work, combined with other imprudencies, I was attacked with fever of a mixed typhus and bilious character. I was attended by Dr. Stokes, who has since made himself known as one of the most eminent physicians of the day, with unremitting kindness and attention. I was above a month in bed, leeches, blistered, and my head shaved, and great quantities of cold water were poured over the head. There was an extreme state of debility for some months afterwards. From

THE
RECENTLY PUBLISHED OPINIONS
OF
ENGLISH MEDICAL PRACTITIONERS

WHO HAVE WITNESSED THE RESULTS OF THE WATER CURE SYSTEM ON SOME
HUNDREDS OF PATIENTS.

THE OPINIONS OF
HERBERT MAYO, Esq.
Senior Surgeon of the Middlesex Hospital.

Sir Charles Scudamore visited Mr. Mayo at the time the latter was going through the Water Cure: he says, "I asked Mr. Mayo if, during his observation of the Water Cure treatment, for upwards of a year, he had ever witnessed any accident to occur from it?" He assured me not a single one: he added, "*This new system of treatment more than doubles our power of doing good. Of course it will meet with much opposition; but none, come from what quarter it may, can possibly prevent its progress and its taking firm root. It is like truth, not to be subverted.*"

Sir Charles Scudamore further observes, "I am happy in the opportunity of meeting with my friend Mr. Mayo, whom I attended occasionally in London, when suffering most severely from chronic rheumatism. I was extremely gratified to find him in a satisfactory state of improvement. Formerly, the knees and hands were inflamed, swollen, and painful, so that he could never obtain rest without the aid of a large dose of opium. He then suffered also very much from inflammation and rigidity of the muscles and ligaments of the neck. Upon examination of the knees and hands, I found them perfectly free from all signs of inflammation, and reduced to their natural size. The patient was satisfied with his well doing, and praised the Water Cure as having saved him from being a cripple." When Mr. Mayo went to the Water Cure, he was considered in a hopeless state, and of course for years had experienced all the benefit to be derived from all the best medical and surgical advice in London.—J.W.

THE PUBLISHED OPINIONS OF
SIR CHARLES SCUDAMORE,
M.D., F.R.S.

It appears to me that the subject of Hydropathy is one of the highest importance to the whole civilized world: and that its principles and practice deserve the closest examination.

I think that some of the writers on the Water Cure have not expressed sufficient praise and acknowledgment to Priessnitz as the inventor of the treatment constituting a complete systematic plan.

In regard to the opposition of a great part of the medical world to this innovation on the ordinary practice of physic, looking at human nature, we must attribute a little of it to its *interference with settled interests.*

The principles of the Water Cure treatment are, I am sure, founded in nature and truth, and rest, therefore, on an immutable basis. We have in our power a new and most efficacious agent for the alleviation and cure of disease in various forms; and, in proper hands, as safe as it is effectual: I should be no friend to humanity, nor to medical science, if I did not give my testimony in its recommendation.

Liebig observed to me in our conversation; "*By means of the Water Cure treatment a change of matter is effected in a greater degree in six weeks than would happen in the ordinary course of nature in three years.*"

In its progress, the condition of the patient improves in an evident and sensible manner. The skin, from being pale and sallow, acquires a ruddy hue; the muscles become fuller and firmer, fat decreases, and many are glad to lose a corpulent abdomen. In young growing persons, it is soon made visible that the capacity of the chest increases, whence the lungs have fuller play, and a brighter bloom appears on the cheeks. Exercise, at first a difficulty, now becomes a pleasure. The mind partakes fully in these benefits of the body; the senses become

more acute; the faculties more energetic; and buoyant spirits take the place of languor, depression, and ennui.

"The practice is not to be lightly undertaken by invalids; and it is only the voice of kind warning to say that they ought not to attempt self-treatment. So called *local* diseases, but which are really *constitutional*, require *general* treatment. I heard lately of a gentleman treating his knee, affected with a rheumatic inflammation of the joint, by cloths constantly wetted with cold water, without employing any constitutional measures. Within thirty hours a fatal metastasis to the brain took place!" (Similar events frequently take place from a misapplication, or an over dose of many medicines.)

"The agreement and good effects of each and every process depend on nice and correct management. How much more then of the whole systematic treatment! A competent bath attendant is of the greatest importance. There must be, in order to success and the avoidance of accident, a good head to direct, and a good hand to execute.

"I much fear that from the facility and apparent simplicity of the practice, and the temptation to pecuniary gain, persons without the qualification of medical education will be induced not only to form Water establishments, but conduct them altogether, and boldly undertake the responsibility of the public health. In no illiberal spirit, but from honest feelings, I protest against this monstrous pretension and error. Diagnosis is most essential. Who that is untaught and unexperienced can understand the different kinds and the many phases of diseases? and without such discrimination, and also judicious estimate of the powers of the individual to bear treatment, how can its amount be properly prescribed? *A second Priessnitz, a man of so much original genius and powers of observation, with so vast an experience derived in so extraordinary a manner,* is not perhaps again to be found; and I hope, therefore, that his example will not be considered a precedent that hydropathy shall be practised by other persons wholly unacquainted with either the exterior or the interior of the human body, and the complicated functions of the animal economy.

"In the formation of any hydropathic establishment, water, as to its quantity and quality, must be the first consideration."*

Sir Charles Scudamore went through the

* And it should be added, good air and an elevated position. The surgeon, after he has become a skilful and scientific operator, must have good instruments to operate with—the learned physician must also have genuine drugs. Were it otherwise, an old cotton factory at Manchester, or a large house in some hot close place, with bad air and water, might be converted with benefit into a Water Cure establishment.

Water Cure himself for a short time, and he observes: "The final result of the whole proceedings has been a most satisfactory improvement of my health, in all the failings I have mentioned; and I have not found the least occasion for medicine since."

In the autumn of last year I had the pleasure of a visit from Sir Charles Scudamore. He witnessed the Water Cure treatment of the Marquis of Anglesey and other patients at that time under my care at Malvern, and he was induced to visit the establishments on the Continent. When it is considered that Sir C. Scudamore has been a medical practitioner for about forty years, and it might be naturally supposed wedded to the old system, his opinions on the Water Cure, and his fairness as regards Priessnitz, are very gratifying.

THE OPINIONS OF DR. D—— AND DR. ADAIR CRAWFORD.*

The author of this letter is a physician of acknowledged talent, who has enjoyed an extensive private practice for many years. It was written to the Hon. Mrs. Middleton, who was making inquiries previously to putting her son under treatment here. The opinions of these candid and enlightened gentlemen are sufficiently evidenced by the letter.

London,
June 3rd, 1843.

Dr. D—— presents his compliments to Mrs. Middleton, and, at the request of Mr. Middleton, begs to state that he was in Dr. Wilson's establishment at Great Malvern, eleven weeks at the same time with his friend, Dr. Adair Crawford, (a physician of considerable talent, reputation, and experience,) who strongly urged Dr. D—— to make trial of the Water treatment, after having carefully examined into its safety and good results in various cases at Malvern, and experienced its good effects in his own case. What Dr. D—— himself saw, fully confirmed his friend's favourable opinion, and he is bound in justice to say that in his own complaint, which was a very formidable one of rheumatic gout and deranged general health, the results were most satisfactory. While there he had an opportunity of observing its successful use in a very serious and protracted case of hip-joint disease in a young gentleman of strumous habit, which had resisted the usual treatment under the best surgeons in Edinburgh, and in which he certainly expected little could be done. This case was very decidedly improved, and promising a good result when Dr. D——

* The learned author of the article "Inflammation," in the *Cyclopædia of Practical Medicine*.

left Malvern, and he has every reason to believe is now fast recovering.

"Dr. Wilson and his colleague Dr. Gully are professional gentlemen of education, talent, and experience, and he considers them both cautious and judicious in the application of this treatment to disease; indeed he did not observe any case in which its perfect safety could be questioned.

"To the Hon. Mrs. Middleton."

THE OPINIONS OF
C. T. COOKE, Esq., SURGEON.

THE WATER CURE.

To the Editor of the Cheltenham Chronicle.

SIR,—As it is pretty well-known that I have been spending the last fortnight at Malvern, partly for the benefit of my health, and partly for the purpose of inquiring practically into the nature of the means now employing there for the prevention of diseases and for the recovery of health,—it is not unlikely that I may have many applications made to me for information on the subject. I feel, therefore, desirous of meeting these inquiries, by first showing the principle—the great principle—upon which those means are employed, and I know not that I can do this better, or better state what my own convictions are upon the subject, than by requesting you to insert the following letter, written by me whilst at Malvern, to one of my medical brethren in this place. I will only add, that the means adopted are—

1. Drinking cold water.
2. Cold bathing after passive sweating.
3. Cold bathing without sweating.
4. The wet sheet.
5. The wet sheet bath.
6. Partial bathing of particular parts.
7. Douche, or spout bath.
8. Cooling compresses.
9. Animating bandages.
10. Frictions.

These are all modified in their use according to the circumstances of each particular case; and I have no hesitation in saying, require the exercise of as much judgment and discretion as any other mode of medical ministration.

I am, Sir, your obedient servant,
C. T. COOKE.

Cambray Place, Cheltenham, Sept. 17.

Malvern,
Sept. 9th, 1842.

MY DEAR DOCTOR,

To you who so well know what a life of suffering mine has been, it will be no matter of surprise to hear that I should have been obliged to leave home for the purpose of rest and quiet, nor will you wonder that I

should have come to this place with a view to give fair trial to the extraordinary use of a simple remedy, having, as you also know, tried every ordinary remedy in vain. I am also anxious to ascertain, by personal observation and experience, for the benefit of others as well as myself, what are the real pretensions of what is called "the Water Cure" to the estimation which it so loudly claims from the profession and the public. To you and to myself it will be no marvel if it should substantiate those claims. You have always, in your own case as well as in your practice, given to the skin its fair share of attention, and in my little book on the management of health and life, published as long ago as 1826, are to be found the two passages, I have quoted and enclosed for you. It was a pleasure to me to hear, before I left home, that you had spoken favourably of Dr. Wilson's mode of ministering to disorder and disease; and I am still further gratified by finding patients of yours under his care who bear testimony to your liberality of feeling on the subject. As yet, I cannot speak of myself as being better, but you know the nature of my ailment, and will not expect too much any more than I do, from even this mode of relief, combined, though it be, with what I so much need, comparative repose from labour.

If I am spared to return, it will be a gratification to me to tell you all I have witnessed, and all I have experienced, of the effects of Dr. Wilson's varied application of his one remedy. I have already beheld much that would have surprised me, if I had not long since learnt that the simplest means were the best in the hands of a Minister Nature, or the Minister of God, and had not, from a very early period of my life, defined the practice of medicine (in its unsophisticated sense) to be "good common sense directed to a particular object," and, I might add, that object a blessed and blessing one.

If you should feel inclined to take a drive over any day whilst I am here, I should be glad to see you, and to have the pleasure of introducing you to the author of "A Practical Treatise on the Cure of Diseases by Water," &c. &c.

I am, my dear Doctor,
Faithfully yours,
C. T. COOKE.

THE OPINIONS OF
A. COURTNEY, Esq., SURGEON, R.N.

"I am convinced that water judiciously used will cure many complaints; that it will cure diseases that cannot be cured by medicines, is my certain belief; but if it can

cure a variety of complaints, it is by being used in *manifold ways*, and great judgment, skill, consideration, and caution, are required in the application and use of it. A knowledge of the laws of health and disease is essentially necessary to him who would practise it; or else, a *long experience* combined with the discrimination of a Priessnitz."

"Dr. Hume Weatherhead, a man of eminence in his profession, cured himself speedily of gout by adopting the Water Cure treatment; and he quotes Dr. Behrend of Berlin, a man distinguished for his learning and judgment, who says,

"'Practitioner as I am of fifteen years' standing, and editor for six years of a medical journal, I was at first a little mistrustful of this novelty, and compared it with many others whose authors pretended to reform the medical art, and who have completely vanished. But, Sir, that which I saw with my own eyes at Graefenberg, and other similar establishments, struck me, as it will you, with astonishment. I have seen an old intermittent fever cured by cold water without quinine or any other remedy. I have seen measles, scarlatina, small-pox, nervous fevers, rheumatism, gout, scrofula, tracheitis, and other complaints of the throat, syphilis, tic douloureux, and other nervous affections, tumours in the glands, swelling of the liver, and all effects of mercury, and many other diseases, cured by simple cold water, without the aid of any other remedy whatever; and in a comparatively *shorter time, and a more favourable manner for the constitution*, than could have been attained by any other means. Cold water is administered in all diseases, internally and externally; *but the method of application is varied according to the individual and the cure*. Cold water serves sometimes as a revulsive and sometimes as a depressive agent, and if you, sir, had witnessed what I have, you would not doubt any more than myself.

"It is doubtful whether, with all our pretensions to more just views of the art of healing, we are one step in advance of our ancestors; and, that our practice is *anything but a display of our success, we have but to glance at the long catalogue of diseases which remains to this day the opprobrium of our art*. Matthew Baillie, physician to George the Third, and to George the Fourth, I believe also, after he had amassed a fortune by his profession, declared that he had no faith in medicines whatever;—that he neither knew their manner of action, nor the principle which should direct him in the use of them; or, in other words, that he had been steering all his life, without rudder or compass. Another physician to royalty—the late Sir William Knighton, observes, 'It is somewhat strange that though in many arts and

sciences improvement has advanced in a step of regular progression from the first, in others it has kept no pace with time, and we look back to ancient excellence with wonder not unmixed with awe. *Medicine seems to be of those ill-fated arts whose improvement bears no proportion to its antiquity*. This is lamentably true, although anatomy has been better illustrated, *the materia medica enlarged*, and chemistry better understood.' These the candid confessions of men who had attained the highest eminence in their profession, should surely serve as lessons of humility to medical men, and create in them *an anxiety to scrutinize rigidly any system, however wild and visionary it may at first sight appear, before they attempt to enter a protest against it*. For my own part, I have with astonishment and regret observed the flippant manner in which medical men in general, and some of our medical journalists likewise, treat really important discoveries; and how, in particular, they have hitherto treated the facts brought forward in proof of the success of hydropism. Like drowning men catching at straws, they catch at, and hold up to ridicule every little occurrence that they think may tell against the system (though such occurrences in general are nothing more nor less than results of ignorance in those who administer the remedy,) *while on the subject of the numerous cures effected they are silent*.

"But what say the relatives, the friends, and the sufferers themselves, to the long, long list of diseases which have for centuries set drugs at defiance? What say these persons? Shall a system which can appeal to the testimonies of clergymen and medical men, of peasants and of princes, for its great success in those very diseases which have hitherto set medicines at defiance—shall such a system be rejected? Shall those who have long smarted under diseases the most agonizing without reaping any benefit whatever, from medicines; who have been for years flying from one medical man to another in the vain expectation of finding a cure; shall those martyrs to disease who have sought relief fruitlessly from other sources, be denied the benefit of a system which has effected so much? Shall he to whom returning seasons bring no relief, withhold from a trial of a system, whose efficacy has exceeded all anticipation—I might say, all credibility? Medical men, whether Alopapists or Hydropists have, it is to be hoped, the same end in view—the prevention and cure of disease, and the good of their fellow-creatures; and cannot in justice, or with a show of reason, be at enmity with one another. The thing is not personal.* No medical man, I am sure, *who has the good of his fellow-men in view*, will be backward in recommending to

* Ought not to be?—J. W.

those whose diseases he cannot relieve by the usual remedies, a trial of a system which aims at the same end as his, and which has effected cures in many cases, where medicines had failed to give any relief whatever."

"And now, before proceeding any further, I beg to recommend strongly to every person into whose hands this Essay may fall, an attentive perusal of a little pamphlet published some years since, (now in its fifth edition,) by that excellent scholar and talented physician, Dr. Henry, of Dublin, entitled '*A dialogue between a bilious patient and a physician.*' It is to be had at Renshaw's in the Strand, and its perusal may be the means of saving thousands of constitutions from utter ruin by medicines.

"Dr. Wilson's *Stomach Complaints and Drug Diseases*,"* may also be of much greater service to the purchaser than the money they would cost. The latter contains a fine exposé of the opposition of Dr. Hastings of Worcester,—of the true cause of his opposition to and dread of the progress of the Water Cure—a cause which indeed appears to lie at the bottom of all opposition to it. But I need say no more on this head; grovelling cupidity and gross ignorance of the various ways in which the water is used, are the reigning characteristics in every argument brought against the system."

"Men may just as well argue that black is white, as argue against the Water Cure. In gout, rheumatism, indigestion, bilious complaints, nervous affections, inflammatory, cutaneous, and many other forms of disease, the facts are so numerous of its infinitely superior efficacy and safety over drugs, that all the fine-spun theories and cunningly-devised fables of the drugmen will prevail about as much against it as did widow Partington's broom in keeping back the ocean.

THE OPINIONS OF JOHN KING, M.D.

"Calling one morning upon a clerical friend, I found laid upon the table of his study, one or two works on Hydropathy. I need scarcely add, the subject was of sufficient interest to afford a lengthened topic of conversation. On leaving my friend's residence, the result our discussion produced on my mind was, that Hydropathicism, like many of the isms of the day, was fanciful, ideal, a mere phantom of the imagination;

* *STOMACH COMPLAINTS AND DRUG DISEASES, their Causes, Consequences, and Cure, by water, air, exercise, and diet. Published by Churchill, Princes Street, Soho, London. Third edition, price 3s. 6d., 200 pages.*

and that those who zealously advocated its cause were labouring under a species of monomania. I reasoned to myself thus: that water, a simple fluid, possessing no specific property, could in any way cure disease; that the sciences of medicine, anatomy, and pathology, were to be considered as vague unmeaning terms, in the honourable and learned profession a member of which I was proud to boast myself,—and that a science to which I had devoted the best part of my life should ever be superseded,—this could never be."

"It was not long before another opportunity presented itself for conversing with my friend, and the all-absorbing topic was again naturally resumed and discussed; at the termination of which, I must candidly acknowledge, some of my stronger prejudices yielded, and I came to a fixed determination to peruse every work which had been written on the subject, with an unbiassed feeling.

"The result of my investigation produced these resolutions: that, since the simple and proper administration of pure water, both externally and internally, could not be productive of much harm, if it caused no good, I would quietly and perseveringly test, in some measure, its effect. After some few weeks' trial, to my no little astonishment and satisfaction, (for I commenced it in a complete state of faithlessness,) my usual symptoms were relieved. On I proceeded, with unmoved, unwearied energy and zeal, and, at the expiration of about two months, though sensible of the vast improvement in the powers of my digestive apparatus, and energy of mind, I felt almost sceptical as to its reality. But it was no delusion, it was unadulterated truth, clear as the limpid fluid which I had taken; it was self-evident as the rays of the noon-day sun. Continuing daily to carry into operation this most valuable discovery in the Esculapian art, its vivifying and tonic effect was sensibly felt in my system. Dyspepsia, with its accompaniments, flatulency, painful distension after meals, acid eructations, with a most unpleasant symptom, generally known to the dyspeptic, a distressing sinking sensation in the stomach, sometimes approaching to syncope, had vanished."

"To illustrate this, I will simply recite a case of a clergyman, from whom I received the communication. Whilst actively engaged in his ministerial duties, he was attacked with severe phrenitis, (inflammation of the brain,) which called into action all the energy and skill of his medical attend-

* This is the great mistake that medical men in their haste or fear commit. Science is not superseded, it is, on the contrary, called into greater requisition.—J. W.

ants. It was deemed necessary to carry depletion to a considerable extent, by the extraction of blood, both general and local, the application of blisters, and other most powerful and antiphlogistic means, in order to subdue the inflammatory action. It was full *three months* before he was sufficiently recovered, and had gathered strength enough to resume his professional duties.

"Many years after, he was again seized with a similar attack, and was incoherent—but what plan was then pursued? No abstraction of blood—no application of blisters, and not one particle of medicine was taken. He was judiciously treated under the Hydropathic plan, and in *three or four days*, he was able to walk out, and was completely restored."

"We may venture to hope, that as soon as this most invaluable mode of treatment (Hydrophy) becomes more fully appreciated and universally adopted, pulmonary affections at their commencement, as well as the various cases of liver and stomach complaints, will be radically cured—a corresponding decrease, as there has been of late a proportionate increase of disease, may be rationally and fairly anticipated. Doubtless we ought to admire, with adoration and gratitude, the infinite wisdom and goodness of the all-wise Creator of the universe, in supplying our wants so munificently with so inestimably valuable a fluid, so pure and so plentiful as water."

"Facts are chiefs that winna ding,
And dawna be disputed."—BURNS.

THE OPINIONS OF

THOMAS SMETHURST, M.D.

"My object is to show, that in water we have one of the most powerful therapeutic agents yet discovered, that its effects in curing disease are wonderful, and that a general adoption, now that once it has taken root, cannot fail to take place in many and most diseases.

"Many, and no doubt the majority, of my medical readers, are still opposed to the Water Cure, and look upon it with a *prejudiced eye*; many more among the public have yet to be convinced of its benefits, but it cannot be otherwise. As with every great truth, it is slow in forcing itself upon the mind, but in the end truth must prevail.

"Some medical men, desirous to give water a trial, have tried, and found it wanting, through mismanagement, lack of perseverance in themselves, or in their patients, and occasionally adding a dose of their own, by which the cure was either interrupted or defeated. The Water Cure requires patience, perseverance, and a knowledge of its great effects; without these it is impossible to succeed; it requires careful study, and I

doubt not that by a proper and due cultivation, Hydrotherapia may become even more brilliant in its results. *The use of medicines, according to the present Allopathic principles, in going through the Water Cure, is to be utterly repudiated*; chiefly because all the functions of the organism are kept in complete activity, whilst under the treatment, as far as the existing vital power in the individual treated admits of this, and that, such being the case, the remedies administered may have a different effect to what is anticipated or wished for.

"In concluding this article, we may yet add, in praise of Priessnitz, that his riches (£150,000) have not, as too often happens, inflated his pride; but that he is the same humble, modest, and unassuming man, respected and esteemed by his neighbours for his humanity and benevolence."

THE OPINIONS OF

GEORGE H. HEATHCOTE, M.D.

"The term 'Quackery,' has of course been applied to this new system. The charge is of formidable sound, it must be granted; but it is empty sound after all; it is unsupported by a single argument, it is based upon no reasoning whatever, and even though it be the opinion of a physician, it is an opinion, so stated, as unsubstantial as those dark spots which are engendered in human vision by looking at the sun—it is an obscuration from intolerable light. There is no obscurity in the system itself, but there are eyes which cannot bear to look upon it. I, too, am a physician (excuse a little egotism;) I have the honour of having been granted that degree, both by the College of Physicians in Edinburgh, and by the College of Physicians in London."

"The principle of Hydrophy is that of the eradication of disease by various curative actions of the vital functions, which it has power to excite by the various modes in which it can be applied: so that the remedial power of this system approaches as nearly to a panacea as mankind, perhaps, is ever destined to obtain."

"The principle of Allopathy is that of the eradication of one suffering by suffering another—diverse and derivative. It is an awkward principle. A physician has said, 'formerly medicines were prescribed less for the disease than for the name of the disease. Having personified disease into some mysterious living being, they prescribed medicine, as it were, with a view of killing that disease by poison! That which was called a dose of medicine to the patient, was thought to be a dose of poison to the disease. It often poisoned both the disease

and the patient. It is an awkward principle, and, like Russel's political purge for constitutional obstructions, it produces 'un-*toward events*.'

"But when we reflect upon the *multitude* of these medicines, when we consider that each class has a regiment of species, and that every day recruiting goes on, adding some new individual to this medicinal army, what must be the natural inference of an intelligent mind? What, but that the old soldiers are no longer found efficient; that *at last*, they are good for nothing, and must give way to raw recruits! So that, in fact, the *general* himself, the general practitioner, is laid under the necessity of healing *without* medicines, at least without the *former* army with which he attacked the disease in the last invasion.

"But *more* than this, and worse; not unfrequently his *army mutinies*; his *mercurial* regiment, for instance, goes over to the side of the enemy—itself becomes a *disease*—and both the general and the constitution are at length overcome, either by the unexpected dereliction of the *traitorous drug*, or by the protracted state of the intestine war! This it is to drive out one disease by another. It has *ever* been hazardous to employ mercenary troops.

"This is a figurative illustration, it is true, but it is a just expression of undoubted *facts*."

"That with regard to the use of medicines, it has been discovered that the principal functions of the body, *indirectly* excited by medicinal agents, can be *directly* excited by applications of cold water.—

"Particularly, that *perspiration*, the most critical function of the body, both in health and in disease, can be *commanded* by the processes of Hydropathy, in a manner which no medicine has ever yet accomplished —

"That there is *evidence* that *diseases* which have not been remedied by medicine, have been cured by this new system.—

"That in *acute* cases, the rapidity of the cure is most remarkable, and that the remedy leaves *no convalescent state of debility*.

"Thus the principle of Hydropathy is to lead us away from the vain and absurd task of contending against one disease by the introduction of another: and to point out to us the immaterial and *inherent curative power itself*, which operates, not by seeking a foreign and external power to introduce into the body, but by taking away out of the body that which diseases it, through the instrumentality of its inherent force, created in the midst of those natural elements which it has power to control as long as the Creator *wills*. I think this is the just expression of the *modus operandi* of the processes of Hydropathy."

THE OPINIONS OF

JAMES FREEMAN, M.D.

"Hydropathy has been too much regarded as simple and uniform in its operation. The truth is, that it effects almost every change which drugs can effect, *only by safer and more certain means*. For instance, the internal purging of calomel, aloes, and scammony, is substituted by the external purging of the dry blanket or wet sheet; the counter-irritation of a blister or mustard poultice is replaced by a similar power exercised by the compress; the tonic effects of cinchona, gentian, or iron, are represented by those of the cold bath, douche, or sitz bath. This comparison might be further pursued if necessary.

"The application of Hydropathy, thus regarded, *requires as much skill and knowledge as any other remedial method*. What it really professes is, to possess more power than other remedies; to leave the system, not only radically cured of all morbid taint, but unimpaired by the injurious effects produced by drugs; to remove an old disease *without superinducing a new one*, and without communicating to the patient an *unwholesome habit of body*, as too often follows the use of opium, calomel, aperients, &c.; and, more than all, to be able to cure or relieve many diseases in which other treatment has failed, even when employed by its most eminent professors.

"In order to show more forcibly the fact that Hydropathy operates in a manner accordant with scientific medical principles, let us illustrate the above remarks by a supposed case. Take, for instance, chronic rheumatism. In this malady the morbid phenomena are combated by the solvent and eliminating action of daily perspiring, &c. &c., instead of the cupping and mercurializing of other systems; this is seconded by the counter-irritation of douches and compresses, which represent the blisters, liniments, and ointments of the apothecary; the cure is completed by the tonic action of cold bathing, appropriate diet, water beverage, and exercise, which answer to the bitters and other nauseous tonics usually administered. Is not this strictly consistent with the best principles of medicine? If space permitted, the same might be shown of most other diseases."

SAFETY.

"It is imagined by persons who have not witnessed the operation of the water treatment, that some of its means are attended with danger; it is supposed that weak persons and delicate constitutions are unable to undergo its operation without injury. Nothing is more groundless than this fear; many thousand persons are annually submitted to its application in the various esta-

lishments of Germany. Among them are individuals of every age, of both sexes, of all varieties of constitution and temperament, presenting every possible gradation of physical power, even to the most infirm, and labouring under every description of disease. Among this large number, which comprehends every diversity that the human frame is capable of presenting, *accidents are much less frequent than under any other mode of treatment; indeed, they are almost unheard of.*

"Let it not be imagined that the Water Cure is disagreeable, or that the patient has anything to 'go through' in submitting to its operation. When its use is once commenced, when the skin has overcome its first shrinking from contact with cold water, and the glow of reaction has been once experienced, it will not be pronounced painful or unpleasant. On the contrary, it is exceedingly agreeable. It is the most common of all events at Hydropathic establishments, to hear patients speak of their delightful sensations; and if chance, occupation, or absence prevent the taking of a bath at the usual hour, the loss is always regarded as a deprivation of one of the principal enjoyments of the day."

"A drug is a substance capable of exciting a change in the organs or functions of the animal frame; the term comprehends all substances answering to that definition. There is therefore considerable truth in the remark of Dr. Frankel, (*Ärztliche Bemerkungen, &c.*, p. 7, *et seq.*) that water, as employed by Priessnitz, is as powerful as any drug in the Pharmacopœia; since it may be stimulant or sedative, tonic or depressing, astringent or aperient, sudorific, diuretic, &c., according to the manner of its administration. Thus far there is a similarity between water and drugs; but there the resemblance ceases; they are essentially different in the fact, that water is always harmless, while most drugs are more or less injurious in their immediate or subsequent effects. To satisfy our readers of this latter truth it is sufficient to enumerate the names of arsenic, opium, turpentine, prussic acid, corrosive sublimate, calomel, foxglove, hemlock, henbane, and iodine, as drugs frequently employed in medical treatment.

"Besides the injurious properties of drugs themselves, the public are exposed to another, but no less serious danger, from peculiar methods of administering them. Thus, we find one man professing to cure a class of diseases by a remedy in doses which another pronounces poisonous. (*Christison on Poisons. Art. Digitalis.*)

"The nauseous qualities of drugs is another objection to their administration. There

is no doubt that much mischief is often perpetrated by the disgusting doses which are forced upon children and patients in a prostrate condition; as, for instance, in the last stages of fever. (*Vide Tourtual. Praktische Beiträge zur Therapie der Kinderkrankheiten*, vol. i. p. 3, *et passim.*)

"A fourth reason for endeavouring to find a substitute for drugs is the uncertainty of the benefit of some of those most commonly exhibited. We find nation disputing with nation on the use of a drug, as if they were discussing a point in politics, or any other department of science, in which assertion and not proof is the manner of arguing. (Compare the treatment of thoracic inflammations by Laennec with any English writer on the same subject, particularly with reference to mercury. See also Hope, on the Heart, where he says, speaking of the established treatment of aneurism—'I must frankly avow that, were I personally the subject of aneurism, I would rather take the chances of the disease than of the treatment.' (Third ed., p. 477.)

"The fifth and crowning objections to drugs is, that they are generally useless. All their beneficial effects may be obtained from water. The two following facts will illustrate this statement:—

"An English gentleman of the author's acquaintance, suffering from a painful disease, had been in the habit of frequently taking opium to procure relief. After the second day of his residence in a Hydropathic establishment, he was able to relinquish this habit entirely; although, at that time, his malady was not otherwise improved.

"Another English gentleman, many months a companion of the writer, had taken active doses of purgative medicine nearly every day for a year, by the advice of an eminent London physician. He was affected with 'torpor of the bowels and liver.' He went to a water establishment last summer, and has not taken a dose of medicine since. His bowels are now perfectly regular. *What drugs effect by a violent, local action, water effects by its healthful influence upon the system in general.*"

THE OPINIONS OF

DR. JAMES JOHNSON.

"There can be no doubt that the application of cold water to the surface of the body, whether generally or locally, is a powerful agent, when skilfully managed.

"The institutions of the Hydropathic treatment are now spread all over Germany, and open to the inspection of all medical men, (unlike the hocus-pocus fraud, mystery, and deception of Homœopathy;) 'it would be

unwise not to examine into a system which shocks our prejudices rather than runs counter to HISTORICAL FACTS AND PHILOSOPHICAL REASONING.

"At all events, this system corroborates a practice which I have now followed and publicly recommended for many years: namely, the 'CALIDO, FRIGID, SPONGING, or LAVATION!'"

"But its paramount virtue is that of preserving many a constitution from pulmonary consumption."

Such were some of the opinions of Dr. James Johnson before there was a probability that any physician would take prejudice by the beard and have "the temerity" to practise the Water Cure in England. I am now much grieved to find that he has thought it advisable to become a violent opponent of the system. His favourable opinions appeared in his *Spas of Germany*, the unfavourable in his recent work, the "*English Spas*." The latter has been extracted by some person or persons unknown, and widely circulated in the form of a very small pamphlet; at Cheltenham, Leamington, and Worcester, it is given gratuitously to travellers at the coach windows. Many of my patients have a copy which they received in this manner, accompanied with the following pithy observations, which they told me were delivered with great solemnity; "*Going to Malvern,—to try the Water Cure, perhaps! hesitate! pray take care!!! better read this—nothing to pay—philanthropic motives, &c. &c.*"

Dr. J. Johnson is well known as a physician of long standing, and his opinions would, therefore, make an undue impression on the many who have had no means of judging of the true merits of the case. Had I answered this attack, I should not, of course, have lost sight of the courtesy and consideration due from one gentleman to another, when my opponent had not descended to

personalities or vulgar abuse. I, moreover, owe Dr. James Johnson many obligations, for much disinterested attention and many kind acts in former years.*

THE OPINIONS OF

DR. EDWARD JOHNSON.

"It (water) is a remedial agent of extraordinary power, and capable of curing a greater number of diseased conditions than can be cured by drugs. It possesses, too, this great advantage over the administration of drugs—where it fails to cure, it not only does (in judicious hands) no harm, but *always* some good, whereas it is an acknowledged principle in the practice of medicine, that every dose of drugs does a certain amount of harm to the system—that every dose is a little evil—a small injury voluntarily incurred in the hope of removing a greater. But there is an old adage which teaches us that 'ten littles make a mickle;' and another which declares, that the continual dropping of water will wear away stones;" and undoubtedly the continual dropping of doses of physic into the human stomach will not fail in time to wear away the health and strength of the most hardy constitution.

"That man was not designed to be a physic-taking being, is, I think, sufficiently clear. The human senses, their very use and office, are to induce him to take that which is good for him, and to avoid that which is hurtful. And taste and smell, more especially, were given for this express purpose. And from this consideration alone, the revolting nature of almost all drugs, both as it regards their taste and smell, furnishes a strong argument against their use, and a strong proof of their pernicious qualities.

"The natural desire of man to be relieved of his complaints, the little or no relief which he can derive, in the majority of cases, from the exhibition of drugs, and the great ignorance which necessarily prevails, throughout the great bulk of mankind, in all that regards the real nature of life, health, and disease—have caused at various times, a vast number of so-called new remedies to find favour with the public.

"From a few of these some good has resulted. But by far the greater number have proved themselves to be little better than impostures, instituted by design, and encouraged by folly, but vanishing into thin air at the first touch of the hand of science.

* The objections made against the system, are all answered in our "*Dangers of the Water Cure and its efficacy examined, and an explanation of its Principles and Practice*," &c. &c. 200 pages, price 2s. Cunningham and Mortimer, Adelaide Street, Strand, London.

* Dr. J. Johnson, I believe, has not been at any establishment, where he could have studied the Water Cure system. I have introduced his opinions for reasons which appear further on. It is evident, however, that the learned Doctor, like many other talented physicians past and present, has had some sort of an idea of some kind of water cure, and he is evidently proud, and wisely so, of his contrivance, the "*calido, frigid, sponging, or lavation*."

He goes too far in his denunciation of Homœopathy. It often relieves symptoms, if it does nothing more; and I have no doubt that, conjoined with the excellent system of hygiene, which many of its professors practise, it has saved thousands of lives; and, moreover, by saving the patient from other ills. During several years that I passed in Germany I had an opportunity of studying and observing the practice of Homœopathy, and I declare that there is no more fraud or hocus-pocus in its practice than in that of the system by custom sanctioned.

"That hydropathy can kill, and that it may kill, in the hands of the ignorant practitioner, is perfectly true. It would not be worth two straws if it could not. For that which, *when abused*, can do no harm, cannot be capable of much good when *properly used*. Such a remedy is mere 'chip in porridge.' But where hydropathy has destroyed a single victim, *the practice of medicine has slain its tens of millions*. A position so notoriously true, that I scarcely think any medical man of character will be found to question it. And the danger to be dreaded from the use of deadly drugs is greatly augmented by the great diversity of opinions which are entertained as to the effects which they produce on the body, frequently causing *one drug* to be given with the view of producing *two opposite effects*."

"In a very learned and laborious work published by Dr. Pereira, one of the physicians to the London Hospital, and chemical professor to the institutions, entitled '*Elements of Materia Medica*,' occur the following passages on the subjects of opium and mercury, two drugs more universally in use than any other two in the whole list. '*Several physicians*,' says Dr. Pereira, 'as Dr. John Murray, and Dr. Anthony Todd Thomson, consider opium to be primarily *stimulant*; some, as Discullen and Barbier, regard it as *sedative*, (that is just the *contrary* to stimulant;) one, viz. Dr. Mayer, as *both*; that is, a stimulant to the nerves and circulatory system, but a sedative to the muscles and digestive organs; another, viz. Orfila, regards it as *neither*; while others, as Müller, call it *alterative*.' Now here are five different men holding no fewer than five different opinions with regard to the effects produced on the body by this deadly drug, opium. When these five physicians give opium it is clear that they give it with the view of producing five different and contradictory effects!"

"As an instance of the manner in which foreign matter may be locked up in the tissue of our organs, I may mention what sometimes happens when a patient has been taking small doses of nitrate of silver for a considerable time. The whole surface of the skin becomes perfectly and frightfully *blue*—showing a deposition of some compound of silver, or other foreign matters, within the tissue of the skin, to which it imparts its peculiar colour."

"It is well known, too, that the bones of young animals fed on madder become *streaked with pink*. These instances fully prove how foreign matters, and causes of disease, may become insinuated, and locked up, in our organs. And out of the hosts of anomalous diseases which are perpetually seeking in vain for relief, and whose causes are utterly unknown, who can tell how many

of these have been produced by the *lodgment of some subtle poison*—some one or other of the multitudinous drugs or chemicals with which people are for ever drenching themselves—within the delicate and highly sensible tissue of the brain, spinal marrow, or nerves, precisely after the manner in which that matter is lodged in the skin which gives it the blue colour as mentioned above?"

"With regard to any danger to be apprehended from the Hydropathic treatment, it only differs from ordinary practice, just *thus much*. In ordinary practice, *even in the most skilful hands*, there is *always more or less of danger* in the administration of the most common and useful drugs, for all these are *poisons of the most virulent kind*, as mercury, arsenic, prussic-acid, opium, oil of vitriol, aquafortis, lunar caustic, iodine, strychnine, (nux vomica,) copperas, &c. &c., all medicines daily and hourly administered internally, whereas in the practice of Hydropathy there is never *any danger at all*—provided always it be practised by competent persons."

"It is evident to the most ordinary understanding that such virulent poisons as those mentioned above, and which are in hourly use, cannot be introduced into the human stomach, even in minute doses, without always doing a certain amount of mischief—and indeed this is admitted on all hands—and that even minute doses may, and often *do*, in delicate habits, or from some peculiar diathesis, produce very powerful and dangerous effects. A case in point occurred, some time since, in one of our hospitals. A woman had been taking mercury—and one day, while sitting up in bed, eating some broth, her head fell suddenly forward, and she died instantly. A post-mortem examination explained the mystery. The atlas—the pivot which supports the head, and on which it turns—had been *eaten away by the mercury* until it became too weak to support the weight of the head. It snapped while bending forward over her broth, the neck became bent double, and instant death ensued, the inevitable consequence of compression of the spinal cord by the doubling of the neck."

"Common sense observes, too, that about *seventy years* is the average age of man in his primitive condition, and when not engaged in war, while it can be proved by figures that one half of *civilized* mankind die before they have accomplished the term of *eight years*. Pause, and dwell on this fact."

THE OPINION OF
DR. GULLY.

EXTRACT FROM A LETTER.

"I confess that the accumulated experience of thirteen years of not very limited practice in London had gradually paved the way for my ready reception of some such remedial means as the Water Cure. From the earliest of these years I never treated a case of disease, acute or chronic, according to the received methods without some concomitant dissatisfaction with myself; and this even when success attended the treatment; for I almost invariably found that such success was most transitory, the patient soon falling back into the self-same malady,—nay, in very many instances, becoming actually *more* liable to it. This was more especially the case of persons who were subject to acute indigestion, biliary derangements, stomach cough, attacks of catarrh, rheumatism, gout, and, last not least, constipation of the bowels;—in all these instances relief was speedily obtained by medicinal means, but relapse gradually became also more speedy. In another series of morbid phenomena, generally grouped under the term 'nervousness,' the usual means usually failed, or were still more transient in their results than in the diseases above named.

"Referring to foreign medical writers, I thought I saw in the doctrines and treatment of BROUSSAIS a more rational exposé of disease and a less objectionable plan of managing it, than any that had been presented to me. It left more to nature and meddled less with her restorative efforts, than that violent system of medication which is in so much favour in this country; and, in so far, was less of a *mask* to disease and more of a *cure*; relapse was neither so speedy nor so severe as in the latter plan. Some years' trial of this treatment based these conclusions on experience; at the end of which I endeavoured to bring the doctrines and practice of BROUSSAIS more immediately before the British medical world by a translation of his 'Lectures on General Pathology and Therapeutics,' which was published in the pages of the *London Medical and Surgical Journal* in 1835—6, during the time I was co-editor of that periodical. Still, though the delicate internal organs were, in this treatment, more delicately used, though the employment of hot fomentations over those organs did wonders, and local bleeding with leeches far exceeded in effect the emptying of the system by venesection, there was not in all this a genuine backing—so to call it—of nature in her salutary efforts; and, although relapses were not so frequent, convalescence was much too long: which I felt was owing to the want of the *true* aiding

agency which it is the office of Art to afford to Nature. What that true agent was I had not genius enough to discover; and, accordingly, all I could do was to modify the Broussaisian plan to varying cases. Simplicity in remedies, however, I ever made a rule, and numerous are the cases of fever of all descriptions, which, during the last six years, I have successfully treated with nothing more than hot fomentations externally, copious draughts of cold water and occasional doses of castor oil internally, with perfect rest of body, withdrawal of light, noise, &c.;—means, a resumé of which I published in the early part of 1842, in a work entitled 'The Simple Treatment of Disease.'

"When, therefore, very shortly after the publication of this work, you returned to England and laid before me the details of the Water Cure, I was well prepared, by previous thought upon the legitimate aim of the physician in treating disease, to see in those details the most potent means of fulfilling that aim,—which is simply to aid Nature; for it is Nature, and *not* the physician, who cures disease. Assimilating too, as we did, in our physiological and pathological notions, there was the *less* difficulty in your communication, and in my appreciation, of the facts connected with this truly philosophical mode of treating disease. The experience which, as your colleague in the practice of the Water Cure, I have since had, confirms fully the justice of your views concerning it, as propounded to me previous to your establishment at Malvern; they were such as only a well-educated physiologist could take, or a close observer of disease entertain. Backed, therefore, by the facts related by you, and by the rationale of them which presented itself to me, I had no hesitation in giving in my adhesion to a system of medical treatment which comprehends all the essentials of philosophical medicine, and is so utterly devoid of the unmeaning, though oftentimes dangerous, paraphernalia which have been heaped on the art of healing since the time of GALEN, and which, accumulating as that art passed through the hands of the Arabian physicians, the Chemical, Mechanical, and Vital schools, present in these latter days a mass of conflicting theory and contradictory practice that sets all reasoning on disease at defiance, and renders all *oneness* of aim in its treatment impossible.

"That aim being to assist Nature in her efforts towards the restoration of the vital organs of the body, I hold the Water Cure to be the preferable mode of treatment yet discovered, for the following reasons.

"It insists, first and foremost, on the cessation of the morbid causes, which, in the very great majority of cases, consist of irritants applied to the digestive organs, the brain, and the skin.

"It forbids the application of irritating agents to the internal organs, inasmuch as such agents not only augment their actual malady, but also interfere with the efforts they are making to rid themselves of it.

"As those efforts are always towards some organ less immediately important to life, and more especially towards the skin, it, by its various applications to the latter, powerfully assists in the transfer which is to bring health.

"In cases of acute febrile disorder it carries off all morbid heat as fast as it is generated, and thereby encourages a still more vehement tendency of blood to the surface; a fact which, whilst it relieves the oppression of the internal organs, augments the circulation on the skin up to the point of perspiration—the most salutary termination of such disorder. This is beautifully illustrated in the operation of the wet sheet frequently changed, and the cold shallow bath succeeding it: the body breaking into sweat after the repeated application of these means.

"It acts as a powerful derivative; as when the cold hip bath is employed for a long time together in congestion of the head or in constipation of the bowels, the secondary effect being to draw blood towards, and fix it in, the lower part of the digestive canal.

"It acts as a stimulant and tonic to distant parts, through the action of the nervous system; as when foot and hand baths are employed for the relief of nervous headache, tic, toothache, &c. And the same may be said of short hip baths.

"In chronic diseases, where more or less obstruction of some organ exists, or where the vital power of some organ is prostrate, it removes the one and rouses the other, by the operation of sweating succeeded by the cold bath, by long-continued friction of the surface with cold water, by the action of the douche, and, last not least, by the copious drinking of cold water; this last facilitating and hastening the changes of the matter of the body, in which the functions of life consist. In this manner the whole mass of diseased blood in a body is changed, whilst a better digestion is forming new blood of a better quality.

"The various operations of the medicinal systems in old usage are all attainable by employment of the processes of the Water Cure, without the risk of damaging the delicate and highly sympathising internal parts wherein the great acts of life are carried on. Reduction of irritation, whether local or general, depletion, stimulation, and the addition of permanent tone, are all as manageable by the processes in question as by medicinal means; their certainty of action is to the full as great, and the uncertainty as to the subsequent condition of the body, when the immediate end is gained, which distin-

guishes pharmaceutical treatment, does *not* attend the treatment by water. All this I predicated on theoretical grounds, and incessant and close observation of very numerous cases during eighteen months has convinced me on practical grounds.

"Were I to enter into details, I could offer abundant reasons drawn from the operation of the individual processes of cure on individual maladies. But as your demand was for very general reasons for adopting the system of treatment by water, the above recital will be sufficient answer, and not overload your pages.

"J. M. GULLY, M.D."

To James Wilson, Esq., M.D.

THE AUTHOR'S OPINION,

WITH A SKETCH OF THE HISTORY AND
PROGRESS OF THE
WATER CURE FROM THE EARLIEST RECORDS
TO THE TIME OF PRIESSNITZ.

EXTRACT FROM A LETTER.

"I am sufficiently gratified, by the interest you take in this important matter, to make the hour's pastime in making the promised sketch a pleasure. As you have shrewdly guessed, much of what you have heard, about the dreadful results of the practice of the Water Cure is not true, being neither more nor less than *an invention of the enemy*; you may measure the truth of the statements you mention, by the fact that I have been reported dead, and my place vacant, more than once; and worse than this, it was industriously circulated and believed by hundreds, 'that I had caused a death in such a dreadful manner that I had been obliged to abscond.' All I ask of you or any reasonable person, is, that you should listen with calmness and consideration to all you may hear on the subject of the Water Cure, whether it be from friends or foes,—for it is really a subject of vital importance, to yourself, and every other mortal. Let the worthy pharmacien go on railing against water and water doctors, so that you but form an opinion of your own, bearing in mind, at the same time, that interesting fact in natural history, which teaches, that sometimes '*a man convinced against his will, is of the same opinion still.*' How, in the name of common sense, could you expect a reasonable or unbiassed opinion from an individual who has property invested in quack patent medicines, and quack medical works? You mention that your sagacious friend smiles incredulously, and is rather inclined to ridicule the idea of '*one remedy*' doing so much; this arises

from want of information, or reflection, on his part: for our remedies, the douche—sweating—fomentation in the wrung sheet—the fomentation with warm flannels—sitz bath—foot bath—drinking cold water, not forgetting pure air, and proper exercise and diet, &c. &c., are all powerful applications, differing as much from each other, as a dose of calomel differs from one of castor-oil—or these from a dose of opium—or as cupping, leeching, blistering or bleeding, differ from each other. Long before any one had formed the idea of introducing the practice of the Water Cure into England, I could not but foresee the strenuous opposition that it would inevitably meet with, for how could it be otherwise with a system that necessarily interferes so much with settled interests? Was it to be expected that a plan of treatment, and living, would find favour, and meet with calm investigation, which throws its practical reproofs directly in the face of dram-drinking, medicinal or otherwise, and which also points out the worse than folly of many other destructive habits and customs of the community, by which unhappily so many find their gains? It is most true, that there is every reasonable evidence to presume that the Water Cure will in time produce as great a change for the better in the present system of medical treatment, as was ever known in any business or profession. Nor will it stay at this; it will in time modify the habits of society to a great extent, and introduce new tastes of a more healthful, and therefore of a more enjoyable character. My persuasion is not singular, as you will perceive by the opinions of other medical practitioners who have had the courage to speak out, and which I have collected and put together. But there are now many of our *first* men who are equally convinced of the great good it will do, who have *not* spoken out. I can tell you as an interesting fact, that the majority of our retired medical practitioners are decidedly in its favour; and there are many young physicians who I know would take it up, but that they overrate the difficulties they may have to contend with; they fear the abuse and misrepresentation to which they may be subjected,—and they also dread the darkening influence of the *barefaced falsehood*, which when uttered takes its flight like the poisoned arrow sent forth from the lusty arm of the savage, while they lament that *truth*,—fettered by time, maturity, and patience,—though in the end destined to win the race, comes ever halting on behind to overtake it.

"A few days ago I had the gratifying information from our most excellent neighbour, General Marriott, that sitting next at dinner to one of the leading physicians in London, and attached to one of the first hospitals, the learned doctor told him that

he considered the Water Cure *an admirable system, and that in the end it would prevail*. This is indeed cheering and promising, and although the obstacles to its reception and advancement appear at the present moment great, rising, as we approach them, like Alps on Alps, still to the mind's eye they dwindle away, while the mental vision beholds in the distance the colossal shadow of everlasting truth, rising above all on the wings of time and hope, to conquer as it ever has done, and will do for the cause that's true and good. The Water Cure, considered in the full extent of its power and influence, is indeed a true and good cause. It proposes, and will do, something more than merely preserving and restoring many otherwise hopeless cases of disease. It will, by a timely application, supersede the necessity for the formation of these fearful and desperate states. When the patient is yet young, and disease only beginning to take root, it is admirable to observe with what facility it is eradicated; and the patient made acquainted with the capabilities of his own body, ever afterwards knows the sure mode of recruiting. He may again, by evil ways or from unavoidable causes, lay up a store of disease, but he never forgets, when the coming storm is threatening, the sure and safe harbour wherein to cast his anchor. Hitherto the Water Cure has been used in the majority of instances as a last resource, and after everything else has been tried in vain; it has had to deal with inveterate hereditary diseases, and constitutions shattered to the last extremity, and yet, with all this, even its most bitter opponents in secret marvel at the cures, and the occurrence of a death is so rare as to stagger the most experienced medical practitioners. It has been said that the bell here is always tolling,—and for the water patients of course; yet it was but a few days ago, that the clerk and sexton of the parish said to one of the patients, '*that the Water Cure never had put anything in his way, and that Dr. Wilson did him no good, and he therefore did not see why he should be friendly towards it.*' Settled interests again, alas! alas!

"One of the great and not to be forgotten merits of the Water Cure, is its power of changing the constitution and *cutting off the entail* of hereditary diseases, such as gout and scrofula, nervousness, and even insanity; it also cuts up by the roots the destructive effects of mercury and other dangerous drugs, which also become hereditary, and handed down from the unfortunate parent to the unfortunate child. In the course of a generation it will produce a great amelioration in this respect.

"Another of its prominent characteristics is the facility with which it *enables* the

sufferer to renounce without an effort the most confirmed and destructive propensities, these being replaced by a keen enjoyment of natural and health-preserving habits.

"The end and aim of all that is done in the Water Cure is to give strength to the constitution, and to fill the body with pure nutritious blood, rich in red globules, and uncontaminated by any poisonous matter; at the same time to put the organic and animal nervous systems in a state of health and harmony, and as a necessary result, the whole system of vessels under their control; and this it does accomplish when a fair opportunity is given.

"Such a system must sooner or later affect the habits of society, and it will do so the more easily, as it is discovered that none of its enjoyments that may be called justifiable and not too dearly bought, are infringed upon; at the same time that it gives to the individual the power to embrace the good or avoid the evil pointed out by the admirable Dr. Cheyne in the following passages.

"Without taking the benefit of revelation, which in a sense relating even to our mortal bodies, has brought life and immortality to light; if but the precepts of pagan philosophers were observed, *Servare modum, finemque tueri, naturamque sequi*. If men would but observe the golden mean in all their passions, appetites, and desires; if in all their thoughts, words, and actions, they would but mind, I will not say the end of their being and existence here, but the end to which their thoughts, words, and actions, naturally tended in their last resort; and, lastly, if in the gratifications of their appetites, passions, and desires, they followed the uncorrupted dictates of nature, and neither spurred her on beyond her craving, nor too violently restrained her in her innocent bias; they would enjoy a greater measure of health than they do; have their sensations more delicate, and their pleasures more exquisite; live with less pain and die with less horror. For had it not been for the lewdness, luxury, and intemperate gratifications of the passions and appetites, which first ruined and spoiled the constitution of the fathers, whereby they could communicate only a diseased, crazy, and untuneable carcass to their sons, so that with the world's decay, vicious souls and putrified bodies, have in this our age arrived to their highest and most exalted degrees; I say, had it not been for these evils, there would have never had happened so much sickness, pain, and misery, so unhappy lives and such wretched ends, as we now behold amongst men. But even in this our lapsed estate and condition, had the dictates of nature and reason, not to say religion, been

followed; we might have passed our day in quietude, (at least from chronic distempers,) if not innocent pleasures, arrived at a good old age, with our senses free, and our rational faculties clear, and at last departed in peace, as a lamp goes out for want of oil. And let the gentlemen of wit and fire, of banter and sneer, hug themselves ever so much in their boasted tranquillity and security, gratify their passions, appetites, and humours to the full, and despise futurity and whining; I dare promise, when the farce is ended, and the last minutes are drawing on, they would prefer a life thus led and an end so calm, to all the pleasures of lewdness and sensuality, and the bounces of a false and ignorant security."

"There are many who have good sense enough to understand the force and necessity of such rules, valued health sufficiently, and despised sensual gratifications for the pleasures of the mind, so far as to be able and willing to abstain from everything hurtful, deny themselves anything their appetites craved, and to conform to any rules for a tolerable degree of health, ease, and freedom of spirits; and yet, being ignorant how to manage themselves, from what to abstain, and what use, have suffered even to mortal agonies; who, had they been better directed and instructed, had passed their lives in tolerable ease and quiet. It is to enlighten these, and catch their attention, that I write this hasty epistle. The robust, the luxurious, the pot companions, the loose, and the abandoned, have here no business; their time is not yet come. But the sickly and the aged, the studious and the sedentary, persons of weak nerves, and the gentlemen of the learned professions, and men whose lives are valuable, I hope, by the Divine blessing, may be enabled to follow their studies and professions, and business, with greater security and application, and yet preserve their health and freedom of spirits more entire and to a longer date. I am morally certain had I known and been as well satisfied of the necessity of the rules here illustrated, many years ago as I am now, I had suffered less and had had a greater freedom of spirits than I have enjoyed. But everything is best as it has been, except the errors and failings of our free will.

"All that is known and been contrived, that tends to the advancement of man's civilization, that assists in the progress of his enlightenment, and adds to his mental and bodily happiness, may be considered a revelation to his intelligence. The Water Cure being endowed directly and indirectly with the power and attributes having these tendencies, may be looked upon as revelation, and as a gift of the highest value. It will be placed in the foremost rank of great dis-

coveries,—it will do for the weal of the body what the printing press has done for the advancement of mind, and the steam-engine for man's power over matter; it will be hailed by our children as the great discovery of modern times, the great practical promoter of temperance, and the blessing that saves from sickness, pain, and disease.

"I must now conclude this hasty and imperfect avowal of my persuasion, claiming your indulgence on the ground of graver labour and incessant occupation; so in some measure you will take the will for the deed, and believe me,

"Your ever affectionately attached brother,
"JAMES WILSON."

Sketch of the history and progress of the WATER CURE from the earliest records to the time of Priessnitz, and its introduction into England.

The rise and progress to perfection of a great discovery, more especially of one destined to exert so marked an influence in the duration of human life, and on the amount of suffering or well-being attendant upon it, is a subject not undeserving of a little attention; nor is it without instruction to reflect on the various influences which have been stumbling-blocks in the way of its advancement, or those, on the other hand, which have assisted in bringing it to maturity and general adoption. In this I am disposed to think you will agree with me. But before beginning at the beginning of this sketch, let me recommend that the next time you drive to Holywell, you look in at the spring of St. Winifred, and cast your eye on its gothic roof and arches. In doing this you will observe, crutches, sticks, and wheelbarrows fastened about in all directions, many of them mouldering into dust, and falling to pieces from age. These are tributes to St. Winifred, left behind as trophies for the saint, by cripples and sick people who had been "miraculously cured" by the pure and "blessed water" of the spring, which came to light to be a healing power under her special patronage and protection. Thus it will strike you, that extraordinary or miraculous cures by pure water—whether effected by natural or supernatural means—are not a modern novelty, destined, as some hope and many suppose, to pass away "like the baseless fabric of a vision,"—"brandy and salt,"—or the last new pharmaceutical preparation. I am myself a witness of the curative powers of St. Winifred's Well. At the age of eleven or twelve, I had a chronic bronchitis, attended with great expectoration; it went on for months. I was unable from

debility to join my school-fellows in their sports, had taken a cough mixture daily for a long time, and had repeated blisters on my chest. Mr. Rooking, the master, was advised by an old woman to let me drink the water and bathe, and truly in little more than a month my cough and spitting were gone. I had regained my strength, and was nearly well. But I need not go further for ancient water cures, than the pure springs at this place. The celebrity of Malvern is founded on the numerous cures that have been performed by the unequalled purity of its waters, combined with the invigorating mountain air, and the cheering influences of its position and scenery. As you may suppose, it was for these advantages that I selected it as a fitting spot for the treatment of chronic diseases, and resisted so many temptations in a pecuniary point of view, held out to me in other places less salubrious and adapted to my purpose and calling.

The celebrity I have mentioned is of very old date, and as some of the cures were really wonderful, they could not be believed to be owing to the purity of the water, and other natural causes; a mystic and holy character came therefore, as is usual, to be attached to the pure springs. The love of mystery, mystification, and the marvellous, inherent in our constitution, makes us disinclined to believe, that great effects may arise from apparently simple causes; and it is in some measure from this predominating feeling that the powers and properties of "simple" pure water, have been so little known, and which have caused it so often to be neglected and fall into disuse as a remedy. It is thus that the Malvern Springs came to possess a supernatural character, and were called "holy," for the same reason that the Well of St. Winifred gave the name of Holywell to the place where it exists. In the addenda to CAMDEN's *Britannica*, mention is made of the efficacy of the Malvern water in the "healing of eyes and other parts of the head," as also "for curing scorbutic humours and external ulcers by bathing and drinking of the waters." In an old work by Dr. Wall, entitled, "*Experiments and Observations on the Malvern Waters*," a long list of cases are cited wherein the curative powers of the same water are exemplified. These cases include suppuration and caries of joints, leprosy, scrofulous ophthalmia, and various other forms of scrofula, scorbutic eruptions, glandular obstructions, corroding ulcers of the throat and face, tumours and caries of the bones, disorders of the urinary passages, loss of appetite, stomach and liver complaints, and immoderate evacuations of women, cough and catarrhs, &c. &c. Dr. WALL further states, that one of the common methods of using the water is by "covering the parts with

cloths dipped in the water, and moistened from time to time, as they grow dry." And he adds; "Those who bathe for cutaneous foulnesses, usually go into the water with their linen on, and dress upon it wet. *This method, odd as it is, has never yet, that I have heard of, been attended with any ill consequences; though I have known it used by several very tender persons.*" Showing that some of our ancestors of a hundred years back had not the horror of cold water and wet linen which is now-a-days professed; and, that even with this rude mode of using it, much benefit was derived. Some of the native Indian practitioners, have a similar method.

It is worthy of remark, that all the so called Holy Wells throughout the kingdom, after having received divine qualities from the ignorant, and after undergoing repeated analysis by chemists, in the vain hope of torturing out some mineral solution in them to account for their virtues, are all reducible to the simple attribute of *purity*—purity from the very ingredients which form the attraction, and constitute the supposed virtues, of modern mineral springs. In this particular, it must be conceded that the wisdom of our ancestors exceeded ours: for they never dreamed of bestowing "*divine powers*," and names on waters from which the *olfactories*, the *taste*, and the *stomach of man and beast revolt*. No mineral spring was ever yet thought worthy to be dubbed "*holy*;" on the contrary, other water seems to have been "*holier*" in its effects the less mineral matter it contained.

Since the Water Cure has been so much talked about, there is hardly a parish but in which may be found some aged person who can remember some striking cures from the use of pure water. I shall now commence the sketch I have mentioned, beginning

From the Creation of the world to Galen,
131 A.C.*

In this section we find Moses commanding the use of water as a religious observance, and throughout the scriptures, we find it frequently mentioned as having divine powers, and prescribed as a divine ordinance. The Persians and Greeks used it to a great extent, the former taking no other beverage. Augustus was so often laid up with catarrhs and influenza, and otherwise ill, with costive bowels and loss of appetite, as to be thought in a rapid decline; he had brought himself into this state by indulging in all kinds of vicious habits; he also used

* The learned Dr. Mantner, who is a walking library of medical literature, has given his researches on the history of the Water Cure in a large work. This has been condensed by Dr. Herschell, with a long list of all the books in which the subject is introduced. Dr. Smethurst has also given a good account.

warm baths and lived in heated rooms covered and lined with fur. Antonius Musa was consulted, who prescribed cold ablutions and baths, and to drink plentifully of spring water, and the sick man was soon restored to health and strength. The old Germans and Gauls had their holy and magic wells of pure water, where they were cured of diseases, and where they went at stated periods to make their offerings to the goddess of health and of the fountain. Hippocrates, the founder of medicine, (454 A.C.) recommends water in a great variety of diseases, acute and chronic; and at a later period Galen, the founder of the present system of medical treatment, gave a fresh impetus to the use of all kinds of baths, more particularly cold; the bad habits and debauchery of the times having put cold water out of fashion.

From Galen to the Arabs, 131 A.C. to 900.

During this period, although real science and the study of nature was much neglected, we still find water used as a remedy by many practitioners. Amongst others by Caelius Aurelius (210) in madness and different injuries, both locally and generally. Alexander of Trelles (570) used it in bilious complaints, jaundice, gout, &c. After this period, there being no systematic rules for its administration, and a more fictitious system gaining ground, it fell into disuse.

Middle Ages.

From the Arabs to Hahn, 900 to 1800.

During the first part of this period the use of water, and natural means for promoting health and treating disease, were neglected, but in the latter period they again gained some attention. Our countryman Floyer did much by the publication of his "*Psychrolusia*," which went through six editions; he advocates the use of cold baths with energy, and mentions how they are to be used in different diseases; his system met with considerable success, and made many converts. Fuller, Smith, (1724,) and Hancock, (1722,) recommend it in fevers. The celebrated Dr. Cheyne (1748) regrets the inattention to the use of baths, which he considers invaluable, and a necessary of life in keeping the *nervous system in order and the blood pure*. During this period, it was recommended by many practitioners, and used by quacks as a secret remedy, calling it "*blessed water*," and water of the "*eternal fountain*." By using it in different ways and with *compresses*, they made some extraordinary cures, which were then considered miraculous. But J. S. Hahn (1696—1773) went further than any of his predecessors; he published a work and established a kind of Water Cure in Silesia, not very far from

the district which Priessnitz has since made so well known.

Hahn to Ortel, 1780 to 1826.

Hahn's writings attracted little attention from the faculty, who as a body did not like the use of *pure* water as a remedy, and gave it little or no examination.

To Professor Ortel of Ansbach is due the great impetus given to the external and internal use of water. He was the great *avant-courrière* of Priessnitz; indefatigable in his exertions, publishing pamphlet after pamphlet, and attacking without qualification every other method. In England the water treatment also made some advances; the celebrated Dr. Currie of Liverpool treated a contagious fever with great success. He published a talented work, in which he enters into explanations of its use and great value, and complains of the want of interest taken by the profession in so important a subject.

During the last period I have mentioned, several medical men of genius, talent, and experience, wrote in favour of water as a remedy in some diseases or states of disease, and prizes were given for the best essays on the subject by the Hufeland Medical Society. But notwithstanding all these exertions, there was no satisfactory system of treatment formed, and there is every probability that with the *powerful influences exerted against it*, but for the system formed by the genius, firmness, and industry of Priessnitz, it would again have fallen into disuse.

Dr. Macartney, the late professor at Trinity College, one of the oldest and most talented teachers then living, and enjoying the highest celebrity as a physiologist, was a great advocate for the use of water applied to wounds, injuries, ulcers, and diseased states of the skin; as well as for its powers when taken into the system, a singular instance of which I have placed in the *Appendix*. He contrived what he called his water dressing, which has been adopted by Liston of London and Symes of Edinburgh. It is curious, that at the same time that Dr. Macartney prided himself on this as a very valuable discovery, an obscure peasant of Silesia was using it with many novel and important additions. Dr. Macartney had a prophetic spirit with respect to water, and it is really a matter of wonder, that with his genius and talent, how in his practice and teaching he went so far and no farther. I heard him say some eighteen years ago, that "if men knew the properties of water, and how to apply them, so as to produce all their effects, water would be worth more than all other remedies put together." This made a deep impression upon me at the time, and a few years afterwards, not losing sight of the remedy, I published a

work on the curative effects of water applied locally, by water dressing and as vapour. The motto of this book was the following: "*We are unwilling to believe that great effects may arise from simple causes, and so water fell into disuse.*" I mention this more particularly, to show that when, seven years after my publication, I met with a more perfect and matured water cure system, my embracing it was not only the result of long study and examination of its practical merits, and experience of its effects in my own person, but that I was also prepared to receive it by previous instruction and meditation.

The part I have taken in introducing and promoting its advancement in England, I shall mention after running through the history of Priessnitz, for I have every reasonable ground for believing, that had it not been for my humble instrumentality, the Water Cure would not have been yet noticed or practised in my native land. In the *Appendix* you will find some quotations, and cases treated by water, from the work I published some years ago, as well as from Dr. Macartney's recent work, his admirable "*Treatise on Inflammation*," which he published just before his death, at a very advanced age.

History of Priessnitz, and introduction of the Water Cure into England.

The name of Priessnitz may already be said to belong to history: it is a name that may now be heard in almost every town in Europe, coupled with the grateful remembrance of those who have experienced the health-restoring powers of the Water Cure, or who have learnt from his method how to avoid suffering. Gifted with the moral and physical attributes of men of genius and talent, this originally "humble countryman" has providentially been so placed and surrounded by circumstances, as to work out a great and lasting system of treatment, for preventing, alleviating, and curing diseases; and generations yet unborn will reap the benefits of the steady untiring labours, the undeviating honesty and temperance, and the creative genius of the peasant philosopher of Gniefenberg. How well and appropriately does the motto apply to him, "*In nulla re hominem ad Deos homines accedunt, quam salutem hominibus dando.*" Most truly, man cannot approach more nearly to the beneficent Creator, than by restoring the health or affording relief to his fellow-creatures.

By entering into some brief details of the slow and progressive mode in which the Water Cure was constructed, and by relating some of his sayings and doings, you will

be able to form some opinion of this extraordinary person. It is six or seven and twenty years since he commenced using water as a remedy, and he is now forty-six years old. His birth-place was on the mountain called Graefenberg, about a mile above the little town or village of Friwaldou, in Austrian Silesia. Before he was twenty he was called upon to manage the small farm on which his family lived, in consequence of the sudden blindness of his father.

With regard to his appearance, it is that of a respectable farmer, who if it were necessary would not be above taking an hour's salutary exercise at the plough. He stands about five feet eight, and is stiff in his carriage; although strong, robust, and healthy, looks much older than he is, and care-worn. He is capable of great exertion, and from the last twenty-six years his only beverage has been water. Most of his observations are dictated by reflection and sound common sense, but he is reserved to a fault, and talks as little as he by possibility can. His motive for carrying his taciturnity so far is to avoid fatigue and excitement; being aware of his highly nervous temperament he has cultivated the habit as a means of tranquillity, in the midst of the never-ceasing occupation and turmoil caused by the great number of patients by whom he is surrounded. That such is his motive, is shown by an observation that he made, viz. "if I had talked as much as people wished and expected, I should have been a patient myself, or perhaps dead long ago." This is likely enough, when it is considered, that he is engaged from six in the morning until ten at night, and has barely had a day's relaxation for twenty years.

The first idea he obtained of the healing power of pure water, it is said, was from a man in some neighbouring iron-works, who used it in different ways for burns and injuries. He was at once struck with its superiority to oily and greasy applications, and that there was something more to be done with so potent a remedy. His attention became fixed on the subject, and from it he began to reflect on health and disease. In doing this he first remarked that the ploughman with his ruddy face and bare feet, did not complain of stomach-ache or headache, or of the delicacy of his nerves, that "he whistled as he went for want of thought," and seemed perfectly unacquainted with what, in a refined state of society, is called *ennui*, *anxiety*, or the *blue d—ls*. And moreover, that after having been wetted to the skin for hours, he did not shiver or take cold. Again, he observed individuals of another complexion, who for years had gone through all the dissipations of Vienna, or who had passed a studious life in warm rooms. He also observed the dairymaid, the sempstress, and the fine lady who seldom

walks. From the striking contrasts observable between all these individuals, he formed his first notions of life, health, and disease. He commenced his practice by treating the injuries and slight ailments of his neighbours; applying his compresses warm or cold, according to the state of inflammation or other symptoms. To this he soon added sponging different parts, and sometimes the whole body with water, recommending plain diet and drinking water at the same time. In the midst of this he met with a serious accident. A heavy waggon went over him and broke several of his ribs, and as the two practitioners of the village gave him little hope of his recovery, he took the resolution of trying his own plan. He recovered rapidly, and his cure, after the unfavourable opinion that had been given, made a sensation in the neighbourhood. Many now applied to him for advice, and he was very successful in many cases. This gave him an opportunity of studying on a larger scale the phenomena of disease and the different effects produced by water, and he soon formed a theory, and contrived new modes of applying his remedy to produce the results he required.

The powerful aid of obtaining at will so salutary a process as that of sweating dwelt on his mind, and his fertile imagination soon contrived the simple and admirable plan of enveloping the patient in blankets. This answered all his views on that point, finding that when properly used and followed by a bath, it was not attended by debility; that it relieved the internal organs, and strengthened the skin and the constitutional powers. The Russian mode of sweating with steam, as well as the mode by using heated air for the same purpose, he had long before heard of, but heat once detected the fallacy, and saw that it went directly against the first principles of his system, having the insurmountable objection, that of weakening the powers of the whole skin and nervous system, and producing only "*skin-deep sweating*." The following anecdote will show how convinced he is on the point, and that he will hear of no compromise. Captain Raven, one of his most intimate friends, who was kind enough to interest himself in my proceedings, wished him to assist me in my researches: he replied, "You remember Dr. — of St. Peterburgh, I devoted myself to him for a long time, and he went away understanding the Cure; he is now, I hear, sweating all his patients by applying hot air to the skin and lungs." The Captain observed, "that no doubt he had the long-established prejudices of the people to contend with, that he was obliged to play up to them, and that was his sole reason;" then said Priessnitz, "Well, then, it is not honest, for he is convinced it is not right,

and that it is in direct opposition to a principle which he understands; *he knows better*, and I cannot forgive him, or take any interest in any of them again."

He was still much puzzled how to treat many of the striking critical phenomena which take place during the Water treatment, and here it is, that the Water Cure has gained by his being thrown on his own resources; had he known how, or had he been licensed to use medicines, in many of his dilemmas he most probably would have had recourse to them, instead of finding out a surer and safer plan of treatment by the aid of diversified modes of using water. He was also dissatisfied with his imperfect plan of treating fevers and inflammations, but by continued reflection, and like Newton, "*en y pensant toujours*," he arrived at the process of enveloping in the wet sheet—the *crowning discovery of the Water Cure*. With the aid of this invaluable remedy, he was enabled to graduate and modify his treatment as he pleased. He soon after discovered its powerful and extraordinary effects when used in the treatment of chronic diseases. The use of the different local baths, and the douche, had preceded the discovery of the wet sheet.

All this, however, did not go on smoothly or without obstacles and opposition. He was denounced as an unlicensed and dangerous impostor,—fined, and his treatment suspended. Confident, however, in the goodness of his cause, and backed by numerous patients, he appealed against the sentence, and it was set aside. Priessnitz and his system of treatment had now become of sufficient importance to attract the attention of the Paternal Government of Vienna; and in its anxious care for the health of its subjects, a commission of medical men was sent to inquire into the real state of affairs. Fortunately for the Water Cure, old Baron Turkheim, the head of the medical department of the empire, was also at the head of this, a man celebrated for his independent spirit, his great learning, and scientific acquirements. He staid some time at Graefenberg, and on his return to Vienna, being at a medical society, he was asked what he thought of "*the new charlatanism*;" he replied, "Priessnitz is an honest man, and no impostor; and his mode of treatment is more successful than ours; believe me, gentlemen, you have much to learn from this countryman." This made the sages of Vienna still more angry and violent against the Water Cure and its founder—shutting up the avenues of their understanding against the evidence of their senses, notwithstanding the accumulated facts which presented themselves among their patients, who leaving them with little hope, returned in perfect health.

The commission analyzed the water to

discover its *mystic virtue*! but they were disappointed to find that it was nothing more than *pure spring water*! The sponges he used were also examined with great care, to see if they contained any *secret remedies*! After this Priessnitz threw away the sponges, and has never used them since, finding that rubbing with hands—"flesh to flesh"—was better. At the time I speak of he was called the *Schwamm* or sponge doctor.

He was now taken under the protection of the Government, and additional police placed at Frivaldan, to note the number of patients, and report the deaths and other results of the treatment. To 1841 he had treated 7,219 strangers, and there had been 39 deaths. Some of these I found by the registry had died before commencing the treatment, and some others were reported in a forlorn state before anything was attempted.

Although Priessnitz is a kind-hearted man, there was a time when he was not sufficiently philanthropic as to wish that his mode of treatment should be understood by others, and he objected to having works written explanatory of its theory and practice; however, many small works were published and widely circulated, and the numbers of his patients were increased instead of being diminished, as he expected. The work that had the greatest effect was one by Professor Munde; this was followed by another from the same author, as a *handbook* on the Water Cure treatment, which has since appeared in an English dress, with some alterations and additions.

The renown of the successful treatment of disease by the Water Cure, had gone on for some time before Priessnitz had any imitators, with the exception of Mr. Weiss, who was at that time the farrier of the village. At the commencement of Priessnitz's career, Weiss and he had something to do together, but they soon disagreed, and have been at enmity for many years.

Priessnitz has had eight children, the first was a *boy*, those that followed *all girls*. There is an interesting fact connected with this which I shall state. When first married his wife had no great faith in the Water Cure, in truth, it was then in a rude state, she therefore insisted that the first child—the boy—should be treated in the ordinary way: this he promised, and when it was attacked with measles, the practitioners of the village were called in, but it died. All the other children he has treated himself in all their complaints, measles, whooping-cough, scarlet fever, &c.; and I have heard Mrs. Priessnitz say that she had never had a moment's apprehension about them. This fact certainly does not tell against the Water Cure. I was present during the treatment of one of his children in fever. The child being from home had been neglected, and

when brought home had severe fever with delirium; on the third day it was convalescent, and carried out in the nurse's arms. Another of his children was very delicate from its infancy, and supposed to have been infected by an impure nurse, his wife having been prevented nursing. It was rickety, and there appeared little prospect of its living: this child was two years under a regular system of water treatment, and when I left Graefenberg had nearly recovered, and promised to be a fine healthy child. On several occasions during this long period a crisis had taken place of a remarkable nature. During ten months that I observed the child, the changes in its constitution and appearance were very marked, and there was every evidence of its growing up to be strong and healthy. Mrs. Priessnitz, after her last confinement, had a severe attack of childbed fever, induced by the excitement of being visited for several days after her confinement by a number of ladies of rank. She was enveloped repeatedly in the sheet, followed by a tepid bath, and the fever was completely removed in two days. Priessnitz observed, "*Our enemies can do us but little harm, it's our friends who kill us*;" referring, I dare say, to feasting and drinking companions, as well as to his wife's case. Some years before this, and before his reputation was established, he would go any distance to treat a patient; he went, not being well at the time, in an open car, in the depth of an almost Siberian winter, to visit a patient in a distant village; he was then requested to go on further, so that by the time he reached home late at night, his lower limbs were frozen. The next day his legs were swollen, accompanied with fever and inflammation in the stomach and bowels. After some preliminary treatment, he said to his wife, "I must now go immediately into the shallow bath and be rubbed, or I shall be laid up with a dangerous illness, perhaps a fatal one; do you see that it is properly done, and the proper effect produced before I get out." He remained several hours in the bath, two bath servants carrying on the ablution, and rubbing without intermission until the circulation was equalized. Two hours after the bath a profuse spontaneous perspiration set in, and the next day he was without a symptom of anything wrong, and feeling only very weak and tired. Is it then to be wondered at, that he should have such confidence himself in the remedial powers of water, or that his patients, when they see similar results frequently taking place, should be inspired with the same feeling? The following fact, and I could relate many similar ones, will show, that he is not without some kindness and generosity. A Prussian lieutenant, about thirty years old, came to consult him, with extensive disease (*caries*)

of the bones of the thigh and hip. On his arrival, I was told, that he was emaciated, and had hectic fever; the disease extended from the knee to the hip, and there were four openings which discharged above a pint of matter daily; there was constant cough and other symptoms, showing that the constitution was giving way. He had a teacup full of splinters of bone which had come away. A few months after he had been under the Water Cure I saw the patient; he had gained flesh, was able to take active exercise on crutches, and was one of the merriest men in the crowd. I went into his room frequently to examine and probe the wounds, and extract pieces of bone. He complained of little or no pain since he had worn the compresses, and got into a regular system of treatment; and all the functions of the body had become perfect, although the discharge was still very great. At the end of six months his funds failing, he was preparing to take his departure, when Priessnitz told him that it would take eighteen months, two years, or perhaps longer, to cure so extensive a disease of the bones, and that he might eat at his table as long as it was necessary, free of expense. I left him there *enjoying himself, and in perfect health*, and the disease, although still extensive, certainly better.*

That "a man is no prophet in his own country," the following fact will sufficiently show. Some three hundred yards below the large house in which Priessnitz lives, there is the cottage of a miller; his wife was laid up with typhus fever, and attended by the two village practitioners. About the twelfth day they told the husband that they despaired of her recovery. At this juncture he bethought him to ask Priessnitz to see her. He immediately complied, and commenced the water treatment. In a few days the patient was without a bad symptom, and recovered rapidly. When the Water Cure treatment was commenced, she had a dry black tongue, muttering delirium, and the evacuations were passed without her knowledge. Before the miller had recourse to the Water treatment for his wife, he had heard that Priessnitz had treated some dozens of cases of fever, and had not been known to lose one, but on the other hand he could not forget that he had been a working man, or that water was not physic.

A servant maid, about nineteen years old,

* It was from observing the effects of a judicious system of treatment by water on such cases as the one I have related, that I wrote the following proposition in my work on the Water Cure.

"Very many patients can go about and even enjoy themselves in the open air, with the treatment by water, having at the same time medical and surgical diseases, of which they would be in a dying state in any hospital or sick room in Europe or England." (See page 16.)

who had attended the miller's wife, was laid up with a severe fever, just as her mistress was recovering from it. Her sister was one of the bath servants, and called my attention to the case; I attended throughout, and witnessed the whole treatment. The fever continued for eighteen days, but during the whole time the tongue remained moist; the effect of the different processes was beautiful, and every bad symptom was avoided. On the twentieth day she was sitting outside the door, convalescent, and with very slight debility, which was gone by the end of the week. I have several note books filled with cases and incidents similar to those I have related, but I dare say I have already written as many of them as you will read. I have only now a few more remarks to make.

It is said that Priessnitz owes the first idea he obtained of some of the original processes of the Water Cure, to hints from intelligent patients during their treatment. Be this as it may, he has understood and availed himself of them to a good account.

Although he has gone on improving his practice from year to year, and has the advantages arising from long experience, he still sometimes commits palpable mistakes. His knowledge of the effects that can be produced by water is very great, and his general notions about health and disease are very good; but from the want of elementary knowledge and a medical education, his ideas on many highly important points are crude, and necessarily lead to some errors. On the other hand, had he enjoyed these advantages, there is every probability, that he never would have brought the Water Cure to the state of perfection it has attained; at every step he would have been drawn aside by long-formed habits of thought and practice, and found not a few puzzling prejudices to contend with. He never feels the pulse or looks at the tongue, nor does he understand the valuable modes we now possess of examining the heart and lungs: he is also deficient in his knowledge of the diseased states of the brain. His diagnosis is therefore not accurate, and the medical observer at Graefenberg will not fail to meet with some cases, where it will strike him that Priessnitz would act differently if he understood these things, and avoid occurrences from some of which I have seen him greatly distressed. He, however, does wonders with his great power of observation.

It must be said that there is much coarse practice and unnecessary suffering at Graefenberg, and on the whole there is more grumbling going on there, than at any of the other establishments I visited. Many leave dissatisfied, who I am certain would have prospered under a more judicious management; for it must be remembered that there is no place where the patient

remains so long, or gives the practitioner so fair a chance of making a cure. It will be said, that he has sometimes six or seven hundred patients on his list, and that no man can attend to so many. This no doubt is one reason why some must take their chance and trust to the chapter of accidents; but there are others. At the present day, the rudest practitioners have some knowledge, however vague, of the influence of diet, both as to quantity and quality, on the progress and treatment of disease, whatever the mode of treatment may be. Priessnitz seems to have no idea what fatiguing the stomach or indigestion means, or that they are the fruitful source of much mischief. He sometimes errs in the attempt to make a confirmed invalid, with a complication of diseases, a ploughman all at once, regardless of the fact that a delicate instrument requires to be tuned with care, or some of the strings or parts may be broken. In the important matter of diet, as long as stimulants are excluded, he does not interfere; as a necessary consequence, many, with feeble powers of digestion and chronic disease of the stomach and liver of long-standing, suffer greatly and often for a long time; for there is a general idea that the more that is eaten the better. I have heard patients complain for weeks and even months, of being sick night after night, and tormented with intense acidity, even until ulcers formed on the tongue and month. This suffering and straining of the internal organs, kept up daily by stuffing as much as possible of coarse indigestible matters, and *overdoing in other ways*, instead of strengthening, paralyzed and exhausted the nervous energy, and weakened the powers of the skin, so that proper reaction did not take place after the baths. By calling upon the constitution for undue and unnecessary efforts, irritation was produced instead of renovation, and an unnecessary crisis made its appearance. Many work through it all and get quite well, so great is the curative and preservative power of pure water, but many leave, blaming the Water Cure for errors they have committed for want of knowing better.

Before the discovery of the wet sheet, and before its use in the treatment of chronic disease was understood, great mischief must have been done in many cases by the misapplication and too frequent use of the sweating process. Many must have had their nervous systems much injured. When I was at Graefenberg a great change for the better had already taken place in this respect. From the effects I experienced in my own person as well as observed on others, from the wet sheet, I saw clearly, and indeed predicted above two years ago, in my work on the Water Cure, that Priessnitz would become less mechanical in his

notions, and sweat his patients still less as he went on. I have heard that it is so, and it could not have been otherwise with a man who is always observing and reflecting. It has been remarked that Priessnitz has been a long time in getting rid of his own errors and adopting improvements, but we cannot wonder at the slowness with which knowledge is gained, and salutary changes of opinion come over the mind, when we all feel more or less how strong is the force of habit and the passion of prepossession.

Many illustrations will occur to the medical reader; for example, what time and argumentation it took to convince many that salivation with mercury was not necessary in the treatment of gonorrhoea!

Whatever additional discoveries may be made or improvements introduced into the practice of the Water Cure, Priessnitz will always deserve the credit of having established and put together a system of treatment which, when contemplated by the physiological eye, is beautiful in its power, efficacy, and simplicity; but whose value can only be appreciated to its fullest extent, by those who understand and have made the human body their study, and at the same time are enabled to compare it with the results of medicinal treatment, by having practised both.

Progress of the Water Cure, and its Introduction into England.

It matters little now by whom or how the Water Cure was introduced into England. It has spread with extraordinary rapidity, and has taken firm root, notwithstanding that powerful interests have been arrayed, and every vulgar prejudice aroused against it. I should not have trespassed on the reader by introducing the subject, but that I wish to take the only opportunity that may offer itself, to explain and apologise for what has been considered impetuous and unprofessional in some of my publications; at the same time to correct an erroneous statement, that there was collusion, and a speculative plan, between Captain Claridge and myself. Before I went to Graefenberg there had not been an English physician there, nor did the Water Cure appear likely to attract medical attention; I had conversed with many on the subject, and wished several of my medical friends to join me, but it was evidently regarded as unworthy of consideration, and of all systems the most likely to be unpopular. After having been at Graefenberg three months, Captain Claridge arrived, and I remained there nearly six months after his departure. He knew that I was studying the treatment, and writing a work, preparatory to practising the Water Cure in England. His own intention of compiling a work he kept a profound secret, and in

consequence it had all the advantages of appearing first. This does not look like collusion.*

On my return to England, some of my medical friends advised me seriously, and I am sure with kindness and sincerity, to abandon so wild an attempt as the one I contemplated. But I had already thought of all the difficulties, and indeed had exaggerated them; there was not much foresight necessary to be assured that the Water Cure would meet with the same and even more formidable obstacles here, than it had encountered for twenty years in Germany. When this treatment was commenced at Malvern, it was considered a matter fit only for ridicule; but in a few months, there were as many patients here as I could attend to, and it became known that I had induced several of my medical brethren to think well of it, and to visit Graefenberg. At this period I was singled out for the most violent system of abuse and misrepresentation, and wagers were made that I should be driven out of Malvern in less than twelve months. I had determined to exert all my patience and make no reply, but day after day the most flagrant reports reached my ears, and the medical journals published communications that were utterly false. At last, tired and irritated to a point which few can resist, and prompted by the urgent advice of zealous but injudicious friends, my indignation got the better of my judgment, and I published a retort, called "*Stomach Complaints and Drug Diseases*," with letters appended in imitation of the style adopted by my opponents. It told too many disagreeable truths all at once, and I now regret exceedingly having published the work in its present tone; for I detest and heartily condemn all personal reflections, all malicious and unmannerly terms, and now wish it undone in everything that does not strictly and barely relate to the *facts* and the *argument*. The facts which it contains, however, are incontrovertible, and the opinions on drugs and disease are the results of long study, practical experience, and some

* The first I heard of the Water Cure was from Dr. Lewis, a friend of Dr. Harrington, the resident physician at Nice; soon after this I met with Captain Claridge at Florence, who had heard of it from several persons during eight years previously. We had long conversations on the subject, and he was struck with Dr. Macartney's opinions on the remedial powers of water, in a work I had published some years previously. But for this, and a long letter I wrote to him when he was labouring under rheumatic fever, which he thought had been produced by water applications,—most probably it would not have attracted his attention further, and the Water Cure would have lost one of its most energetic advocates.

Captain Claridge deserves great credit for his zeal and exertions in making known the benefits that may be derived from the practice of the Water Cure.

years of personal suffering. It is for the spirit of levity and resentment alone that I apologize.

The misconception has been fostered that by pointing out the mischievous consequences arising from the use of many drugs, I must necessarily have a dislike, and be an enemy to, my professional brethren. I need only refer to many passages in my own publications, to show that this is far from being just or true. As an example, I am happy in being able to quote the following from my work on the Water Cure: "*In my acquaintance there are numbers of medical men for whom I feel the greatest esteem, and there are others who have not long been dead that I almost venerate.*" These sentiments I hold to be quite compatible with my conviction that mercury and all its preparations are pernicious drugs, and that for any little benefit, on the one hand, that may have been effected by their use, they have, on the other, *ruined the constitution, made the lives miserable, and shortened the days of thousands upon thousands of human beings.* Nor should it be considered a want of duty or consideration for my professional brethren, to assert my conviction that the practice of the Water Cure will, in due time, make it as evident to the majority of them, as it now is to myself, that these and many other drugs possessing the same injurious properties, are superfluous, and something worse than useless.*

I believe there is no event in the records of medicine, that has startled the profession so much from its propriety as the sudden introduction and rapid progress of the Water Cure. The general impression wished to be conveyed has been that of its being a "*dangerous and useless innovation,*" and that every effort should be made to put it down. Few, however, have condescended to give it the least investigation, or to consider it in any way worthy of attention, further than as a subject for derision or the most virulent abuse. This shutting of the eyes and ears is much to be regretted, but although it may retard, it will happily no more arrest its

* With very little trouble a volume might be filled with examples like the following one, which I have taken from the "*Personal Recollections*" of that well known and esteemed authoress, *Charlotte Elizabeth*: she says: "The doctors, into whose hands I had fallen, were of the school now happily very much exploded; they had one panacea for almost every ill, and that was the perilous drug mercury. With it they rather fed than physicked me; and its deleterious effects on the nervous system were doubly injurious to me, as increasing ten-fold the excitability that required every curb. Among all the miracles of my life, the greatest is that of my having grown up, for certainly I was long kept hovering on the verge of the grave, by the barbarous excess to which medical experiments were carried, and I can entertain no doubt that the total loss of my hearing, from ten years old, was owing to a paralysis induced by such severe treatment."—P. 25.

progress, than the ostrich in its "delusion" and fancied security, stays that of its pursuers, by putting its head under its wing, and closing its eyes in darkness.

In the *Edinburgh Medical and Surgical Journal* for January, 1844, there is an illustration of this remark in the review of a recent work on Gout and Rheumatism by a learned and talented physician, Dr. Todd. The reviewer concludes by observing:

"It is rather singular, that, in speaking of the treatment required for chronic rheumatism, and especially that for synovial, Dr. Todd says not one word, good or bad, of the influence of the application of cold water. There seems, nevertheless, strong reason to believe, that, whatever be the merits or demerits of the hydro-therapeutic method, it is remarkably well adapted to this form of disease. This we say from having heard and read a good deal of the efficacy of this mode of treatment, and we think that *here it deserves a fair trial.* Between the internal use of cold water, indeed, which excludes all *pernicious potations*, and the external methodical application of cold water, which restores the action of the skin, it seems most rational to think that, if this form of disease be at all curable, it is *thus most likely to be cured.* The internal employment of cold water, on the one hand, is calculated to alter most effectually all the fluids of the body, and thus remove all *morbid elements*: a result which we are surprised to find has escaped the notice of this indefatigable advocate of the humoral pathology. The external application of the same element is calculated, by cleansing the surface of the skin, and exciting its action, to restore its energy, and re-establish its functions; and thus remove those diseases which have *mainly been produced by its impaired and perverted action.*"

The learned reviewer mentions the beneficial effects of the Water Cure on Mr. Mayo, Senior Surgeon to the Middlesex Hospital. (See his opinion, page 37.)

I have introduced this short notice, as it is not without its importance, being a favourable omen, and a highly gratifying symptom of *progression*, as occurring in the first medical journal of this or any other country.

The reluctance with which the medical world have listened to the arguments and proofs advanced in favour of the Water Cure, may be excused, or rather explained, on several grounds. In the first place, it is

* There have been now some hundreds of patients with gout and rheumatism cured by the Water Cure treatment. Not merely slight cases, but those in which the sufferer had been crippled for years, and notwithstanding the continued use of all the medicines and applications recommended by Dr. Todd. What will do the greatest, will surely do the least. It would be interesting and useful to give a full account of all the medicines and applications taken and used by patients whose diseases had been of long standing, before—as a last resource—they were cured by the Water Cure. Gout and rheumatism are now allowed by a great many physicians to be curable by, and particularly adapted to, the hydro-therapeutic method; and yet, if any one had been asked a short time ago, what diseases they thought *least likely* to be benefited by this mode of treatment, I am pretty certain these would have been the first selected. The reviewer does not mention our mode of *passive sweating* and the *wet sheet*, both powerful remedial agents.—J. W.

impossible to avoid the conclusion that, if it is generally received by the public, the material interests of the profession as at present constituted are in imminent peril. Its adoption strikes at the root of a vast legion of diseases which are the result of the highly unwholesome mode of life, which is not interfered with, but on the contrary, in some measure, encouraged by the present mode of medical treatment—diseases which *cannot* occur under the régime enjoined by the Water Cure. There are some who have boldly acknowledged that interfering with the settled interests of the profession, or their own private interests, is a sufficient reason for adopting every species of opposition.

In the next place—and I am persuaded this is the ground for opposition with the majority—the merits of the subject are entirely unknown, because wholly uninvestigated, or else investigated with a persevering resolution to read only what is written in condemnation. There is *sincere* dislike at the bottom of this; but may it not be fairly doubted whether so great a matter is to be settled by so small a view of it? or settled by those who are unacquainted with its principles and practice?

Again, a good amount of opposition is to be laid to the account of that very prevalent pride of the human heart, which disinclines us to *follow* in the wake of *any one*, and still more in the wake of one who, like Priessnitz, attached to no *school*, had the genius and the energy to make one of his own. It is easily conceivable that men who have expended time, trouble, and money, in acquiring the routine of a certain mode of practice at colleges and universities, should, on the principle of the pride alluded to, feel especially disgusted at finding, that an unlettered, uncertified peasant has struck out another mode of practice which *supercedes in its efficacy, in its adaptation to the wants of nature in disease, and its rules for warding off disease*, that which has cost them so much time, trouble, and money. That old mode of practice is to them as a *vested interest*; and we all know the fight that men will make for that. And not less fiercely will he fight against all who tend to “diminish his head,” and make his wisdom appear foolishness. However, we must take human nature as we find it; and ere this we have seen it give up its pride and its prejudices before the strong and unconquerable array of facts; and such will be the case as regards the Water Cure.

It is true that the gifted individual, Priessnitz, to whom we owe the present state of perfection of the Water Cure, has not enjoyed the benefits of a learned and medical education; but on that account are the close observation and study of disease on some

thousands of patients for twenty-five years, to go for nothing? The elder Mr. Scott, of Bromley in Kent, was similarly situated, yet it did not prevent his discovery of a means of surgical treatment of diseased joints, which the most celebrated British surgeons of the day, including Sir B. Brodie, invariably copy. Scientific mediocrity is forced sooner or later to acknowledge the claims of genius, though it be out of the pale of the schools. But the case is different when men not only non-professional and unlettered, but devoid of all tact, experience, or genius, undertake that which required the intuitions of a Priessnitz to effect; and the strong party feeling that has sprung up among the members of the medical profession at beholding persons of the above kind attempting to treat disease is intelligible enough. Yet, it may be asked, should men of education, and desirous of arriving at the truth, allow this feeling against *persons* to render them blind and deaf to everything that can be advanced in the shape of fact and argument in favour of a *system*? As reasonable would it be to denounce all national law because some rogues of lawyers are to be found!

On this point, however, it behoves the public to have a care, and to be put on their guard. Tradesmen, who have failed in their callings, ironmongers, tailors, and even bath-servants, are to be found in this country among those who venture to practise this *powerful and precise* system of treatment; men who know not the difference between measles and scarlet fever, rheumatism and tic, heart disease and chronic inflammation of the stomach. These people might learn from their own callings the absurdity of the attempt they make. Would the tailor trust the bath-servant or the ironmonger to make or mend a coat for him? Yet the apparent simplicity of *means* is the same in both cases, the Water treatment requiring only *water*, and the garment-making, *needle, thread, and scissors*. Nay, for that matter, the means of the ordinary medical practice are simple enough, if no education for their employment be necessary; and the tailor is just as much competent to draw off a pint of blood, apply a dozen leeches, or a blister, or order a dose of calomel, as he can possibly be to judge when and how to apply the various parts of the Water Cure. The whole proceeding is highly improper and disreputable: but whilst medical men are occupied in attacking the Water Cure, which they do *not* understand, instead of assailing the abuse of it, the flagrancy of which they *do* understand, the public are open to the worst and most injurious treatment at the hands of incompetent and dangerous persons.

To give an idea of the mischief that may

AN ACCOUNT
OF
SOME OF THE PROCESSES USED
IN THE
PRACTICE OF THE WATER CURE.*

WATER
AS A BEVERAGE AND AS A REMEDY.

Heil! Heil! auf's neue!
Wie ich mich blühend freue
Vom Schönen, Wahren durchdrungen—
Alles ist aus dem Wasser entsprungen!!
Alles wird durch das Wasser erhalten!
Ocean gönn uns dein ewiges Walten.
Wenn du nicht Wolken sendetest,
Nicht reiche Bäche spendetest,
Hin und her nicht Flüsse wendetest
Die Ströme nicht vollendetest,
Was wären Gebirgen, was Ebenen und
Welt?
Du bist's der das frischeste Leben erhält
Du bist's dem das frischeste Leben ent-
quellst!

GOETHE'S FAUST—Second Part.

It is a matter of congratulation with all those who know and feel how great the beneficial result will be, that the conviction is daily gaining ground amongst the enquiring and enlightened part of the community, that water is the best beverage for man, and moreover that it is the only one necessary to keep him in the highest state of health and strength.

In "An Essay of HEALTH and LONG LIFE," by that *real* and most estimable physician, the celebrated Dr. Cheyne, written some hundred and fifty years ago, he says:—"Drink is the other part of our food. The

common drink here in England is either water, malt-liquor, or wine, or mixtures of these. Without all peradventure, water was the primitive, original beverage, as it is the only simple fluid, fitted for *diluting, moistening, and cooling*; the *ends of drink appointed by nature*. And happy had it been for the *race* of mankind if other mixed and artificial liquors had never been *invented*. It has been an agreeable appearance to me to observe with what *freshness and vigour*, those, who though eating freely of flesh meat, yet drink nothing but this element, have lived in *health, tranquillity*, and

* I have introduced the processes from my work on the Water Cure, and have made some additional remarks, at the suggestion of my learned colleague Dr. Gully. The precise application of the different processes in different diseased states, will be pointed out in the second and third numbers of this work—on,—*The History and Doctrine of Chronic Diseases, with the Theory and Practice of their Cure by Water.*

*cheerfulness, to a great age.** Water alone is sufficient and effectual for all the purposes of human wants in drink. *Strong liquors were never destined for common use.* They were formerly kept (here in England) as other medicines are, in *apothecaries' shops*, and prescribed by physicians, as they do *Diascordium* and *Venice treacle*. And it were as just and reasonable to see men (and if they go on, it is not impossible I may hear of it, since *laudanum* is already taken into feasts and entertainments) sit down to a *dish of Venice treacle*, or Sir Walter Raleigh's confection, with a bottle of *Hysteric cordial*, as to a dish of crawfish-soup or venison pasty, with a bottle of Hermitage, of Tockay, or which some prefer, a bowl of punch. Wine is now become as common as *water*; and the better sort scarce ever dilute their food with any other liquor. And we see by daily experience, that (*as natural causes always produce their proper effects*) their blood becomes inflamed into *gout, stone, and rheumatism*, raging *fevers and pleuritis*; their passions are enraged into *quarrels, murder, and blasphemy*; their *juices are dried up*, and their *solids scorched, shrivelled, or bloated.*"

WATER was the drink provided by the beneficent Creator for our first parents in Eden, and throughout the scriptures we find the most powerful evidence that it should be preferred before all others. In the book of Daniel, first chapter, sixteenth verse, are these remarkable words:—"Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and *water to drink*. Then let our countenance be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat, and as thou *seest* deal with thy servants. So he consented to them in this matter, and proved them ten days. And at the end of ten days their countenances appeared *fairer and fatter in flesh* than all the children that did eat the portion of the king's meat. Thus Melzar took away the portion of their meat, AND THE WINE THAT THEY SHOULD DRINK."

Looking further through the BIBLE, we find the most satisfactory evidence in recommendation of water as the all-sufficient beverage. It was the drink provided by the beneficent Creator for our first parents. When the king of Israel made "great provisions" for the Syrian army, the drink was *water*. When

* Though I look old, yet I am strong and lusty;
For in my youth I never did apply
Hot and rebellious liquors to my blood;
Nor did not with unbashful forehead woo
The means of weakness and debility:
Therefore my age is a lusty winter,
Frosty, but kindly.

O, that men should put an enemy in their mouths
To steal away their brains! that we should with
joy, revel, and applause, transform ourselves into
beasts!

O thou invisible spirit of wine, if thou hast no
name to be known by, let us call thee—devil!!

SHAKESPEARE.

Abraham sent away Hagar, he gave her a bottle of *water*. The angel that came to Hagar in the wilderness, pointed her to a place of *water*. When Rebecca received the offer of marriage, she gave to Abraham's servant *water*. Gideon's three hundred valiant soldiers drank *water*. At Nahal's feast of sheep-shearing, the drink provided was *water*. Elijah, when fed by ravens, drank *water*; and when he came to the widow of Zidon, asked only for *water*. When the angel brought him his provisions for the journey to Horeb, the liquid in the cruise was *water*. Good Obadiah fed the one hundred prophets on bread and *water*. Job's traveller went to the stream for *water*. The king of Assyria promised the Jews, that on submission they should eat their own vine, and drink the *water* of their own cisterns. The Israelites promised to the Edomites to purchase *water*. Timothy's usual drink was *water*, the "little wine" being prescribed *medicinally*. John the Baptist took *water*. At the well of Samaria, both Jacob and Jesus drank *water*. King Saul in the cave had *water*. Samson* and his mother drank *water*, and *water is the element chosen by God to typify the choicest blessings of the heavenly world.*

Notwithstanding that theory and practice have demonstrated in every possible way that water is best, yet the majority of mankind have yet but a faint idea of the *extent* of its salubrious effects when taken in proper quantity internally, or applied in different ways externally. In the former this arises from the practice of taking hot tea, coffee, wine, spirits, and irritating medicines, &c., from an early age. The long indulgence in these fictitious habits

* Chorus.—Desire of wine and all delicious drinks,

Which many a famous warrior overturns,
Thou could'st repress; nor did the dancing ruby
Sparkling, out-poured, the flavour or the smell,
Or taste that cheers the hearts of gods and men,
Allure thee from the cool crystalline stream.

Samson.—Where'er fountain or fresh current
flow'd

Against the eastern ray, translucent, pure,
With touch ethereal of heaven's fiery rod,
I drunk, from the celestial juice allaying
Thirst, and refresh'd: nor envied them the grape
Whose heads that turbulent liquor fills with fumes.

Chorus.—O madness! to think use of strongest
wines,

And strongest drinks, our chief support of health,
When God, with these forbidden, made choice to
rear

His mighty champion, strong above compare,
Whose drink was only from the liquid brook.

Samson Agonistes.—MILTON.

TASSO has also the same idea in the following beautiful lines:—

O liquidi cristalli, onde s'estingua
L'ardente sete a miseri mortali!
Ma più salubre e, se tra vive pietre
Rombando l'argentate e fredde corna
Incontra il nuovo sol, che il puro argento
Co' raggi indora.

Del Mondo Creato.—GIORNO III. STAN. 3.

produces an unhealthy state of feeling, attended with the fear that cold water would produce unpleasant sensations, and some injury to the stomach; there is, therefore, a barrier to its use, made up of fear, dislike, prejudice, and custom. But when this formidable barrier can be leaped over, or broken down, by a little reasoning and reflection, after a few essays the individual finds, and is convinced that he has been deprived of a great source of pleasure, and of one of the most powerful conduces to health. By the great change in the feelings, the greater aptitude for mental and bodily exertion, the marked accession of cheerfulness and gaiety, from taking water, all these changes in a short time make a convert. The relish for food, and the greater quantity that can be taken, and easily digested, the light and refreshing sleep without disturbing dreams—these, with the former, make him an advocate. The improved skin and complexion, conferring the freshness of youth, the clear eyes, the sweet and wholesome breath—all these, united to the foregoing, produce a zealous disciple, wishing others to share his benefits. By the proper use of cold water, the whole apparatus of digestion, from the teeth to the liver, is improved, and resists decay.*

What can exceed the *beauty, freshness, and purity* of a glass of water taken from the spring? It leaves no mawkish taste behind it, no fictitious or unpleasant odour. When it is taken during a walk before breakfast, after a bath or general ablution, it cleanses all the passages, purifying the mouth, and filling it with sweet and pleasant fluids, making the individual, cheerful, hungry, and wide awake. What a contrast this is to creeping downstairs with the eyes half-closed, huddling up to the fire, and swallowing scalding nervous making tea or coffee, eating a few bits of toast, without appetite, and requiring some relish to make them go down!

This drinking cold water moderately in the morning, as a general result, makes the pill-box and purgative draught a superfluity, for it dilutes the viscid secretions, such as bile, slimy matters, &c., that have collected during the night, and makes them pass off. The determination being already to the skin by the wet sheet, or sweating, and the bath, or by simple washing all over, the cold fluid being then taken into the stomach, at first lowers its temperature, and that of all the organs contained in the abdomen, helping

still more to lessen any irritation and heat, or undue collection of blood in these parts. The water is rapidly absorbed by the stomach, not digested as many suppose; and pure water does not escape into the alimentary canal. When it is all sucked up by the stomach, it goes into the general current of the circulation; mixing with the blood, it is first carried into the lungs, and then sent on by another set of tubes, the arteries, to the tips of the fingers and the points of the toes; and every intermediate part feels its benefits, giving new life and activity to everything it has come in contact with. It is then in great part thrown off, (mixed with waste matters,) by the skin, in invisible steam; by the kidneys, and by the breath. When a glass of water is swallowed, the stomach, by its motions, diffuses it over all its surface before it absorbs or takes it up, just as you would wash the face—and it has the same refreshing and beautifying effects, leaving it at a more natural temperature, and giving it a more healthy colour.

It appears almost incredible with what rapidity cold water is taken up by the healthy stomach. I once, by way of experiment,* swallowed thirty tumblers of water from the spring before breakfast—each equal to half-pint—two of which I sometimes took at once. I was nearly three hours about it. At nine o'clock I was so hungry that I could hold out no longer, I had intended to have tried another dozen. When I went out at six, I had a wet bandage on the stomach, tightly applied, and covered by a thick dry one. When I went to breakfast, the abdomen was diminished in size, for my bandage no longer stuck so close. I never enjoyed a morning's walking more, and during the day felt perfectly well. At first, when the stomach is much out of order, and the patient has not been accustomed to drink water, it is well to begin as GRADUALLY as he pleases. He soon gets to like it, not from thirst as is supposed, but from its refreshing effects, just as people take wine or spirits without being thirsty, to relieve a low feeling, or produce a tipsy one. Often when sitting down to my bread and butter, milk and strawberries, with an appetite that would have made dry bread delicious, I could not help comparing my state to that I could vividly recall, after taking two pills over night, and a white—no, a black draught in the morning. What a contrast in every sense of the word—in the moral as well as the physical man—one as unwholesome, irritating, and depressing, as

* Patients have often observed to me that they found, by drinking water alone, or during the Water Cure treatment, that the teeth were more free from tartar or incrustation, and that the office of cleaning them was a much lighter duty to perform. I may also mention for the benefit of sportsmen, that my friend Mr. Willoughby Wood, who hunts regularly, observed that since he had tried the Water Cure and drank water, the fences and gates, which once appeared formidable, had become remarkably small in his eyes, and that an old feeling of fatigue and exhaustion had also vanished.

* At this time, be it remarked, I had recovered and was in high health, and going through a course of experiments; I should mention, that after the twentieth tumbler, I felt a slight dizziness, accompanied with a tipsy feeling; but not in any way disagreeable; it disappeared on taking breakfast. Patients should not make such attempts, but rather be on the right side, of doing too little rather than too much.

the other was, *clearly* refreshing and exhilarating.

It is necessary to observe, that most persons who are delicate or ailing, by getting up before their usual time, and walking before breakfast, produce lassitude, headache, and other disagreeables for the rest of the day; this unpleasant state does not occur if part of what I have described is done beforehand, and followed by a few tumblers of water.

Simple as the mere act of drinking water may appear, there are a variety of diseased states in which its use requires discretion and management. There are cases in which it produces great disturbance, and others in which the progress towards cure is interfered with, by drinking too large a quantity, or at improper periods.

The majority of people in large towns, from their mode of life, of eating and drinking, over-exertion and many unnatural habits, which would sooner be fatal, were it not for the wonderful power of the machine to accommodate itself, and resist such a complication of efforts to destroy it, have their stomachs and constitutions more or less in a disordered state, which water properly administered would go a great way to rectify. Abernethy went so far as to say, that in London there was not a perfectly healthy inhabitant, and from what I observed during many years of practice, I cannot say that he exaggerated in his statement. In truth, when admitted behind the scenes, we certainly do discover the melancholy fact, that every second person has some ailment more or less distressing to complain of. However, this state of things admits of great amelioration, and by very easy and simple means—the judicious use of water.

In fine, there is no agent applied to the human body, externally or internally, that has such influence in awakening all the vital powers to their greatest restorative capabilities, in arresting the progress of disease, or preventing, when inevitable, a fatal termination, as PURE WATER. Administered at various temperatures, it is the most powerful remedy we possess, the most manageable in its scientific application, the most easily obtained, and the most certain in its results. So varied are the modes in which it can be applied, that there is no remedy that can be made to produce so many diversified and opposite effects: a stimulant, a sedative, a diuretic, a sudorific, a derivative, an alterative, — and a cleanser and restorative in the fullest sense of the terms. Unchaining all the powers of the constitution, giving nature a genial impetus, and leaving uncurbed her desire and efforts to heal; and all this without the necessity of straining any individual function; and after its most marvellous and mighty results in the most acute and dreaded diseases, leaving behind no trace of its operation, no mark or after-suffering, to point out where or how its

power had been exercised—a conqueror without bloodshed—the giver of sound constitutions without leaving a tribute—a divine and universal remedy!—universal in its application—universally dispensed for the use of all mankind—AND IN DAYS TO COME, DESTINED TO BE UNIVERSALLY PLACED AT THE HEAD OF ALL REMEDIES. This, — my opinion, — written long before the Water Cure was heard of in England, is still, after much reflection, and a more matured experience, my confirmed belief.

THE SWEATING PROCESS.

This is effected in a very easy and simple manner. The bedding is removed, and a blanket of the largest size is spread out on the mattress. The patient lying down at full length, is enveloped in it as comfortably as possible, and so as to fit well about the neck and feet. The best covering over this is a small feather or down bed, with a light ticking, which must be tucked in about the neck and shoulders, and all the way down to the feet. It is well to elevate the head is high as the patient finds it convenient, or comfortable. In this state he is left till perspiration comes on. It is then allowed to continue for a longer or a shorter time, according to circumstances. It generally takes two or three hours before the patient is in full perspiration; but it is a good plan when it is slow, after the first hour, to begin rubbing the hands gently against each other, and up and down the sides, doing the same with the feet, but not so as to fatigue, or affect the breathing. As the packing-up takes place early in the morning, not to lose any part of the day, the patient has generally a good sleep for an hour or more. When perspiration has fairly set in, the window is sometimes thrown open, particularly in summer, and, from time to time, half a tumbler of cold water is given to drink. When it is considered that sufficient perspiration has taken place, the bed and blankets are thrown off, and the patient steps into a bath, (if it be in his room,) containing about a foot and a half of cold water, where he is well washed and rubbed, assisting himself as much as possible, but without being in a hurry. It is well, in some cases, to have a basin of cold water at the side, in which the patient just gives his hands, face, and breast a rub before he sits in the bath. When the large bath is used, the patient walks to it still enveloped in the blanket, a cloak thrown over if necessary; here he plunges in at once, if it is large enough. Sometimes it is necessary to have two baths, one with cold, the other having water with the chill taken off or even tepid. In this case, he enters first into the warmer bath,

and after a good rubbing, transfers himself quickly into the colder one; where the same thing takes place for a minute or two, returning again to the warmer one. Where the douche is in the house, it is sometimes made use of instead of the bath. After all these processes, he dresses quickly, and goes out to walk for an hour or longer, drinking from time to time a tumbler of water.

This mode of producing perspiration, followed by the cold bath, was at first thought the greatest discovery, and the most essential modification of the Water Cure treatment. Stirring up the system, and producing purgation and waste by the skin—strengthening this again, as well as the internal organs, by the bath, was considered by Priessnitz and his partizans so powerful, simple, and harmless an operation, that—combined with the other salutary adjuncts of the Cure,—no diseased state could resist it. For a long time this went on, and although in many cases, the results answered their expectations, in many others some disappointment, not to say mischief, took place. Priessnitz, however, was too keen an observer not to see in the end that he had been mistaken, and had carried it too far. There is now a numerous class of patients in which he does not use the sweating process, but he has not yet made all the reformation that I believe he will ultimately find necessary. Not so, many of his imitators in different parts of Germany, who continue to this day to practise the serious errors, which he has been gradually removing for several years. Conscious of the errors he has fallen into, and always reasoning and observing, he is more cautious, having learnt from experience that errors are more or less the lot of every system, and that an approach to perfection is only to be attained by constant thought and exertion. But he does not like to be reminded of the change in his practice.

The application of the cold bath after a profuse perspiration, is thought by the many, and even by most medical men, to be highly dangerous; but, in fact, there is nothing more innocent or exempt from danger when directed by a competent practitioner; it is on the whole not more dangerous and certainly not as disagreeable as “two pills over night, and a black draught in the morning.” The practice of taking a cold bath after sweating is of very ancient date, having been practised by the Russians and other northern nations from time immemorial, but with this *important* difference—that they produced the sweating by the application of hot vapour. This makes a great difference from producing it by the effort of the internal organs and the concentration of animal heat; one is much more debilitating than the other, and the re-action after the bath is not so good or permanent. Added to this, there is the great objection of taking hot air or vapour

into the lungs. I took a great many Russian baths at Vienna,—in some measure for experiment,—and I am convinced of the immense difference of the two processes, when they come to be frequently repeated, as in the Water Cure. The safety of this process, as I have described it, (the contrivance of which is due to Priessnitz,) is owing to the comparative calm and absence of irritation in all the internal organs, or exhaustion of the nervous energy; the fresh air alone being inhaled by the lungs, and the cool liquid being introduced into the stomach,—both of which increase the determination to the skin, and the sweating, when the latter has once commenced.

When the body is in a state of *perspiration*, heated and excited by dancing, walking, singing, or talking, there is nothing so dangerous, more especially if the individual is weakly, or has chronic disease, than drinking largely of cold water, or entering a cold bath. We have numerous examples of the fatal effects of this imprudence. At Naples, during the extreme heat, and while the body is in a state of perspiration, one observes the inhabitants drinking iced water freely, at all the corners of the streets, but the perspiration they are in, is in a great measure a *passive* one, arising from, and kept up by the heat of the climate. A Polish gentleman told me that one of his countrymen, a young physician, having heard from so many quarters that hundreds were in the habit of taking the cold baths in a state of perspiration, he,—without thought or accurate inquiry,—after a long ride, exhausted and wet with perspiration, went and bathed in a river; he was attacked with apoplexy, which carried him off in a few days afterwards, showing that he did not understand, or was not aware of the *different state the body is in, according to the mode of producing the perspiration*. There is the same objection to the cold bath after James's powder or any sudorific medicine.

Perspiration once set in, is allowed to continue from a period of half an hour to an hour. As a general rule, this perspiration must be put a stop to, as soon as the patient feels a sense of fatigue, and before any feeling of debility comes on.

It would be but natural to suppose this process, continued day after day for months together—as has been the case with hundreds of invalids,—would cause great debility, and pull down the individual to “the shadow of a shade;” but such is far from being the result in the majority of instances, where it is *proper* it should be used. Prince Lichtenstein told me that he had gone through this process nearly every day for eighteen months. When he commenced, he was weak, reduced in flesh, and in a deplorable state of health, from ten years' suffering with a leg doomed to amputation by all the

first surgeons in Europe. At the time I was speaking to him, (and he was still continuing the treatment,) he was in robust health, and in a condition to excite the envy of a first-rate pugilist. He had gained nearly three stones in weight, and the leg had made great advances towards complete recovery.

In most cases where there is a determination of blood to the head, or where there is reason to suspect the existence of chronic disease in the brain, the sweating must be practised with very great care and discrimination. Where there is extensive chronic inflammation in the digestive mucous membrane,—in some cases of hypochondriasis, irritability of the heart, nervous debility, &c. &c., this process must be deferred, or not used at all. Where these contra-indications do not exist, and the sweating still produces a loss of flesh, or an increased state of irritability,—when the patient does not feel well, and obtain full re-action after the bath, in such cases it is advisable to discontinue it.

It is sometimes necessary to apply a wet compress on the forehead before and during the perspiration, changing it from time to time: and there are also cases where the patient is made to sweat in the wet sheet, but they are rare. Whenever there is the least tendency to fever, where the symptoms of a cold or influenza are coming on, the sweating process must not be attempted: it generally aggravates all the symptoms. In these states the patient must be placed in the wet sheet. I have observed that those whose skins are white and delicate, persons who have much fat, the gouty and rheumatic, sweat easily, and in great abundance. On the other hand, where the temperament is phlegmatic, where there is a tendency to piles, or congestion of the abdominal viscera, it is not so easy.

Sometimes the perspiration is *partial*, not appearing at all on certain parts; this is supposed to arise from the existence of diseased action, or the accumulation of morbid matter in the part; when discovered, it is well, previously to enveloping the patient in the blanket, to apply a compress or bandage, wrung out of cold water, to the part. With the repetition of this process, great changes takes place; at first the perspiration is small in quantity, clear in its nature, and difficult to be produced; as the patient advances it becomes more profuse, and impregnated with the most disagreeable odours—*viscid and glutinous*,—of a dark yellow and *green brown colour*;—and *sour, fetid*, &c., in its smell. Sometimes there is no mistaking the smell of sulphur, at others it resembles the disagreeable odour that is produced by mercurial salivation. When these morbid phenomena appear, the perspiration may be considered of a critical

nature. As a general rule, where there is no evident reason why this process should not be used, sweating followed by the cold bath, is *not* debilitating; what is lost in one way is repaired in another. *The appetite is so much increased*, and the functions of the skin and digestive organs so improved, that the loss of a little fluid by sweating has only a salutary effect. Fat is replaced by hard elastic flesh, and languor and debility give way to a state of cheerfulness and activity.

Great, however, as the remedial powers, of this natural means of relieving the body and throwing off disease, may be made, much injury has in many instances occurred from its abuse: more particularly when combined with the plunge-bath and douche. Mr. Mayo mentioned a case by letter to one of my patients, in which the most serious injury was suffered by the nervous system, and the brain put in imminent danger, by the misapplication of these powerful remedies. On my way to Graefenberg I was tempted to visit an establishment beautifully situated; fortunately I only remained ten days. I was sweated, plunged, and douched, regularly, and knowing little practically of the system at that time, I obeyed orders: the result was a serious aggravation of all my distressing symptoms. During a period of above twelve months that I continued the Water Cure, I did not sweat once, as a prescription, and most properly so.

It is necessary to bear in mind that it is not the mere pouring out of sweat that relieves or cures disease. What is desired to be done by the sweating process is to rouse the system to those efforts of cure which constitutes the peculiarity of treatment by the Water Cure. The sweat poured out is only an indication that these efforts have been made; in the same sense that the crisis is only an indication of similar efforts on a more continuous scale.* Hence, if we find that the process taxes the patient's powers, and especially his head, it is proper for the first time or two to take him out of the blankets and use the bath, when a considerable heat has accumulated in the skin, and *before* any sweat has flowed. In this manner we are enabled to *coax*, as it were, the skin into sweating, without exciting the brain and nerves in a harmful way; for after a few trials of this kind, the skin opens and gives out its fluids, without any injurious straining of the system.

Another way to counteract the headache, which sometimes attends sweating, is to place a towel well wrung out of cold water, *over the stomach and bowels*, and then envelope the patient for the process. A brisk walk, or a light meal, taken two or three hours previously, oftentimes too curtail the

* See Dangers of Water Cure, &c. On the Crisis, page 91.

process; but it is generally better to obtain the sweat without these aids; it is then more entirely the work of the system; there is less of *forcing* in it; it is more *natural*, and therefore more beneficial.

But if such helps as these for hastening the sweating be generally inadvisable, what shall be said of those means that are too commonly had recourse to, to procure a speedier perspiration? I allude to the use of hot air and hot vapour. Why, that they actually *mar* the aim of the treatment, failing to rouse the internal organs at all, and leaving the skin in an enfeebled and sensitive state. The truth is, that the heat which causes the sweat should be of the body's own accumulation, and proceeding from its innermost parts; whereas this air or vapour is artificial heat applied to the skin only, and going only skin deep in its effects. By Priessnitz's method the blood is *driven* to the surface; by the hot air vapour it is *drawn* to the surface from a very short depth; the consequence of which is that the diseased parts within are not benefited, inasmuch as they do not come into play at all; whilst the skin is relaxed, and its accumulated blood liable, on the application of the cold bath, to be driven in upon the internal parts which are not in so good a state to receive and react upon the shock.

A further result of this mistaken mode of forcing sweat is the actual decrease of the appetite instead of the increase of it, which follows that by the blankets; and on the back of this comes decrease of weight and strength as the ultimate consequence of the hot air vapour. It is the more necessary to dwell upon this point, as the practice is growing too common, out of the impatience of invalids, who may rest assured that it is a most ruinous economy of time to them.

The inhalation of hot and dry air, (such as patients are made to breathe who sweat in rooms in some instances raised to the temperature of 170° Fahrenheit) is in every way deleterious. It carries off all the moisture that ought to lubricate the windpipe and air passages of the lungs, and thus renders the mucous linings of those parts especially sensitive. Not only so, the immediate contact of the stimulating atmosphere with the sensitive lining of the air-tubes was never intended by nature, and the mucus is poured out for protection from such contact. Accordingly, this hot, dry air, by abstracting the moisture, tends to produce cough and sense of stricture about the chest. This was the leading objection to the use of Arnott's stove in chambers, as all may remember; and it was a very valid one.*

* The best plan of producing perspiration by applying heat to the skin, is by an old and simple contrivance with a spirit-lamp; but it is injurious to repeat it often.

But farther, it is in complete opposition to the principles of the Water Cure *to inhale* heated air at all. Rightly proceeding on the doctrine that the blood is to be rendered healthy so as to permit the body to work its own restoration, the admission of pure cool air into the lungs for the purpose of oxygenizing that fluid is above all essential. Now, hot air being rarified, does not contain one half the oxygen that cold air does, and the blood consequently loses just by one half its vivifying and strengthening agency: the dark blood from the veins is not sufficiently changed by the air, and a blood unfit for the purposes of life is allowed to flow through the body, and especially in the BRAIN, where it congests, and produces the tense headache that attends the inhalation of hot air. The consequence of all which infallibly is, that when rheumatism, and one or two other complaints, are *relieved* by this hot air sweating, (and they have been so relieved,) their return may be relied upon; no *cure* has been effected, because the very first principle of cure—the formation of a healthy, rich blood, to enable the body to effect its own restoration—has been sinned against. It is one of the abuses of the Water Cure that ought to be deprecated by all who understand that cure and wish its success.

THE WET SHEET.

The application of a wet sheet, as it is used in the Water Cure, is, I believe, one of the most extraordinary and valuable remedies that has ever been discovered; whether we look at it in its admirable effects, or the extensive range of diseased states to which it may be applied with benefit.

The bare idea, however, of lying in a wet sheet, staggers people more, I find, than any part of the Water Cure. There are many who believe that some of the processes of our treatment may be of service, and can imagine that water has some virtues, notwithstanding that it is only "simple water that we sometimes drink, and wash our face and hands in;" but this strange idea of a wet sheet brings with it visions of damp beds, wretched inns, colds, rheumatism, lumbago, and death. It must be confessed, that it is but natural, that this should be the first impression, for a *wet sheet* and a *damp sheet* sound very much like each other,—a distinction without a difference; but notwithstanding the puzzle, the wet sheet, and its accompaniments, will remove and cure all the effects attributed to the "damp sheet," or sheets.

When a person lies all night in damp sheets the air not being completely excluded, and

being at the same time more or less deranged in his internal economy, there is great danger that illness in some shape or other will be the result; the equilibrium of the vital functions has been interfered with, the insensible perspiration checked, and the nervous system put into an uncomfortable and irritated state. Priessnitz thinks (for a friend of mind asked him the question) that the alkali used in the washing has something to do with the unpleasant consequences; but there are sufficient reasons, added to those above mentioned, to account for the danger of sleeping in damp sheets, without the one mentioned by Priessnitz, even supposing it had anything to do with it. The *wet sheet* used as a remedy is something very different from a *damp one*; the one is *dangerous*, the other a *life preserver*.

It is an application which has often, and will full oft again, save many children's tears, many a father's grief, and mother's lamentation.

I shall now describe how it is made and applied, and its effects. A strong linen sheet is dipped in cold water, and wrung till no more water can be expressed without difficulty. At Graefenberg they have a good plan of doing this: the sheet is thrown round a pole, or round rail, and the two ends meeting, it is easily twisted into a cord, and the water wrung out; when this is done, the servant enters the room, and the patient jumps up; the bedding is thrown off, and a large blanket laid out on the mattress; on this the sheet is smoothly placed. The patient, lying down full length, nearly on his back, with his head as high as he pleases on the pillow, has the sheet wrapped round him, fitting close just above the collar bones, and down to the feet, which are included; the blanket is then quickly applied, by drawing first one side and tucking it in well about the neck, under one shoulder, and round the legs, and then the other side over in the same way as had been previously done with the sheet; additional blankets may be laid on if necessary, and a light feather or down bed is then placed over all, and well tucked in from the neck to the feet. In this state the patient is allowed to remain for half, three quarters of an hour, or an hour. For about five minutes the sensation cannot be called very agreeable, but it goes off very quickly, and then it is anything but disagreeable, *often very pleasant*, producing a very soothing and calming effect. None of the heat of the body being able to escape, it is at first rapidly taken up by the cold sheet; if in a few minutes the hand be passed over the body and then applied to the sheet, the former will be found to be cold and the latter quite warm. Matters are now changed—the surface of the body is *cool*, and the sheet *warm*, and so the struggle goes on between

the two, till both are warm; when this takes place, the patients take the cold or chilled, the half or full, bath as may be, dress quickly, turn out for a walk of an hour or so, and drink some tumblers of water, "and then to breakfast with what appetite they have." The alderman that offered a ragged boy a guinea for his appetite would have given a hundred for such a one as this, and something more for the good digestion, and absence of apoplectic symptoms, afterwards.

Independently of the calming effect that this mode of applying a wet sheet has on the nervous system and the internal organs, it has a great power in improving the tone and texture of the skin, increasing its reactive power, and lessening the unfavourable influence that cold and damp, or sudden changes of temperature have upon it. It has a peculiar effect on the pores, which is difficult to describe. The cold bath is much more agreeable, and taken with much less reluctance after the wet sheet, for it removes that state of the surface which produces a sense of chill or a slight shudder on the application of cold water; it prevents that dry or rough state of the skin which sometimes takes place from applying cold water frequently in the day and for a length of time. After a long journey, or travelling day and night, a wet sheet and cold or chilled bath remove every symptom of fatigue, and any disposition to cold or other inconvenience induced by exposure, &c.; all this can be done in an hour anywhere, and the individual finds himself renovated, and in a fit state to undergo any exposure or exertion. After a feverish night, awaking with headache, malaise, or in what is called a state highly bilious, let this process be gone through, using at first a shallow bath, with ten inches of water, at 65° or 70° Fahrenheit, and a good rubbing for five or six minutes, and when sitting down to breakfast with a keen appetite, gay and exhilarated, it will be acknowledged that the wet sheet is worthy of all praise and remembrance.

In the eruptive fevers of children, nothing can be more admirable than the effects of the wet sheet; in scarlet fever, measles, and small-pox,—in gastric fever, or a tendency to convulsions; in fact, in all their indispositions it is a perfect safeguard. An erroneous impression prevails that it would drive in eruptions; the effect is precisely the reverse; it brings all matters to the surface with certainty and promptness that is unequalled, and its own alone.

Scientific medical practitioners are aware that there are two ways of giving health and strength to a frame labouring under disease; viz. by relieving the irritation of some particular part, which disturbs and oppresses the other organs; and by directly giving tone to the really enfeebled body.

The curative and strengthening operation of the wet sheet mainly consists in the former of these ways. In all chronic, as in all acute disorders, there is one organ, or series of organs, whose irritation or inflammation proves oppressive to the other organs, and the cure is to be found in the reduction of this irritation. This fact goes far to explain the very extensive, almost universal, employment of the wet sheet in disease. *Its extraordinary power in allaying irritation, is one of the most curious facts of the Water Cure, and of which it is really difficult to give a full and satisfactory rationale.* When properly modified to meet the actual state of the patient, it may be said to be *the most soothing application that can be administered to the external sentient surface.* It may be compared in its calming effects to a poultice placed all over the body, but this is only stating a fact in other words. It carries off feverish heat, and this heat is employed in converting the moisture in the sheet into vapour; so that the patient may be said to be in a steam bath of his own making. This warm vapour settling on the skin, makes it soft and moist, and is very often mistaken for perspiration; but the wet sheet, used for the purpose of reducing irritation, is not, as a general rule, allowed to remain long enough to induce sweating,—which is a directly opposite process, and intended for a different purpose from the wet sheet. But whatever be the physiological principle upon which the wet sheet acts, it will be found during the treatment of most diseases by the Water Cure, an indispensable remedy, and one on which the practitioner can safely rely.

Being applicable where there is morbid irritation, it is an invaluable remedy in all internal and external inflammation, acute and chronic. In acute disease it is frequently changed, the patient not being permitted to remain in it longer than suffices to warm the sheet, which in fever, for instance, may be a quarter of an hour or even less. It is thus changed several times consecutively, increasing the time as the heat is reduced, and the shallow-bath, cold or chilled, follows. In this process two *evident* effects are produced, *an immense quantity of heat is carried off from the surface, the pulse becomes soft, and falls in rapidity.*

After this, when the patient has been some time in bed, the heat on the surface again accumulates: but as the internal organs have been relieved, and the skin placed in a more favourable state for perspiration, this last commonly ensues, and *nature relieves herself.* Should, however, perspiration not take place, and instead of it, a return and continuation of the dry feverish skin, the wet sheeting is recommenced as before; and so on every five or six hours perhaps. It should be remarked, that in complaints,

which a high degree of fever accompanies, it is generally necessary to employ only three or more blankets for a covering.

This is the ordinary mode of applying the wet sheet in acute disease; and its application is only modified in frequency, according to the intensity of the feverish or inflammatory symptoms.

Among the advantages of this safe, simple, and refreshing means of reducing fever and inflammation, is that of not causing any actual loss of strength to the patient, as by bleeding and strong medicines, and, as a necessary result, it is not attended by long convalescence or debility. It may be compared to putting out a fire by throwing wine glassful after wine glassful of water on it, instead of *raking out* the coal and cinders. The fire by this gentle method has been extinguished without making a dust, or producing any injury to the surrounding furniture.

But in chronic diseases of long standing, a variety of modifications are called for, both with reference to the symptoms originally presented, and to those which arise in consequence of the Water treatment.

Patients often present themselves in whom the vital energy is so woefully lowered by long disease and bad nutrition, with bad blood, that any considerable amount of stimulus would prove too much for their powers. These persons would *never at first get warm* in a cold wet sheet, because, as this withdraws the animal heat from the surface, the internal parts do not possess vigour enough to labour to supply that which has been abstracted. The patient, therefore, remains cold and miserable, and is, moreover, liable to have the *head congested and headache* follow on the wet sheet. In such cases—and they are to be judged of beforehand by close examination of the peculiarities of the patient,—it is expedient to wring the sheet out of warm water, and have it applied around the body at a temperature of about 70° or 75°; a temperature which, as it does not suddenly abstract a large amount of heat from the debilitated body, gives the latter a smaller shock, and more time and opportunity to supply, by the action of the internal organs, that which has been lost on the external surface. Gradually, as by the aid of drinking water, and by the reduction of irritation by the sheet, the internal organs and the skin recover, and the patient acquires appetite and power of blood-making; the temperature of the sheet is then lowered until it comes to be applied quite cold, by which time the heat-begetting power of the body equals the heat-withdrawing power of the sheet; after which the balance is changed, and the body *generates more caloric than the sheet can withdraw* in the time usually given to laying in it.

This chilled or tepid sheet is an important modification of the treatment, and a very necessary one in a variety of bad cases. I am aware that Priessnitz does not use it, and that a non-medical practitioner of the Water Cure deprecates it, and has gone out of his way to abuse it. But it is not the less certain that every medical man of any professional acumen will see the propriety of adapting the *activity of his practice to the organic activity* of his patient,* and not run the chance of oppressing the already oppressed internal parts, when the whole object of the treatment is to relieve them from oppression, and thus give them opportunity of throwing off the chronic malady. Without any derogation to the well-deserved fame of Priessnitz, it may be right to qualify the practice he pursues, in cases where medical investigation is required to detect the actual powers of the body to be treated. Why should not a chilled sheet be used as well as a chilled bath?

* In many diseased states, where cold water is not admissible, the application of warmth and moisture is a valuable remedial agent. By fomentations, properly used, many a patient in a prostrate condition may be brought gradually into a state to bear all the processes of the Water Cure with benefit. Priessnitz, who is considered an authority in the use of cold water, sometimes uses hot water. In a case that came under my observation,—that of the Duchess of Hanau-Kentung,—he ordered the legs to be put in hot water, up to the knees, to relieve certain urgent symptoms for which cold water was found not to answer.

What, I would ask, could be done with cold water in the following case? (I may mention that I am at liberty to refer any one to the patient.) A gentleman about fifty years old, had acquired a large fortune by his own talent and exertions; but in doing so, his constitution was nearly broken up. During the last ten years he had been in a state of constant suffering from the stomach and nerves. All the usual modes of treatment had been constantly tried in vain during this period, and he was at last incapacitated from any exertion. The evening he arrived at my house, he was carried to bed in a fainting state. On examination I found that he was literally reduced to skin and bone. The mouth and throat were covered with ulcers; one, the size of the thumb nail, had nearly eaten through the upper lip. There were symptoms indicating the existence of ulcers on the mucous membrane of the stomach and bowels. The heart and lungs were sound; the pulse fifty, weak and intermittent. Everything taken into the stomach caused pain, and he complained of a sensation of dying, and a feeling of sinking through the bed. For three weeks the patient could take little else than barley-water. For some time the principal remedy was a warm fomentation to the stomach and bowels, repeated three times a day for an hour, with tepid ablutions.

I must confess that I was for some days doubtful as to his recovery, but he was in too weak a state to be removed or to return home. By the use of the remedies I have mentioned, combined with *absolute rest of all the organs*,—he got into a state to bear a daily increase of Water Cure treatment,—and ended with the douche bath.

He is now quite well,—and when he meets with a virulent or unreasonable opponent of the Water Cure, he draws up the trowsers, and shows a strong and brawny calf, saying, "Look at this specimen of condensed water, six months ago it was only skin and bone."

For a similar reason, it is necessary in some instances to apply the wet sheet only over the *trunk* of the body, leaving the extremities, or at least the legs, with the dry blankets around them. For there are persons whose organic energy may suffice to supply the surface immediately over the vital organs with caloric, but would fail to do so with regard to the limbs, which are more distant from the active centre of vitality. The sheet is then made to reach only to the hips; and this is persisted in until, as in the former instance named, the appliances of the Cure increase the amount of organic energy in the body generally. As this is in progress, more and more of the sheet is gradually applied over the limbs. As a general rule, it is better not to include the feet for the first few times of packing in the sheet; the exceptions being those individuals in whom there is either a great amount of feverish heat, or the nutrition of whose body has not been much encroached upon by long disease. This necessary modification is practised by Priessnitz to some extent.

It is not unfrequently necessary to exclude particular portions of the trunk from the operation of the wet sheet. Thus, in asthma, for example, the patient is oftentimes able to bear and derives the greatest benefit from the remedy, when a dry towel is placed between the skin of the front of the chest and the sheet; when otherwise he would be unable to get warm in it, and the difficult breathing would be most distressing. Where also the heart is nervously irritable, the same application of a dry towel over the region of that organ is found to render the sheet bath bearable and efficient for good; when the sheet becomes warm, the dry towel can be put at the side in some cases. But this only applies to nervous disorders of the contents of the chest; all inflammatory diseases, there, from a simple catarrh to the most serious states, require that the sheet should be in immediate contact with the surface of the chest.

There is no case in which this indirect application of the sheet to the *stomach and bowels* is desirable; it would seem that that part being the starting point of almost all ailments, both bears and requires the full operation of this most powerful and wonder-working agent in the Water Cure. The sheet will always be found first heated over this region.

The time in which it is necessary to remain in the wet sheet, must vary with the powers of the individual submitted to it. Suppose a patient to be forty or forty-five minutes before he feels thoroughly warm in it, it is generally advisable to leave him for an hour and twenty minutes, or an hour and a half from the first packing. The accumulation of warmth then produces suffi-

cient circulating power in the skin to re-act upon the subsequent ablution in the shallow-bath or dripping sheet. Moreover, this slowness in warming in the sheet implies an inveterate degree of irritation and oppression in some internal organ, which therefore requires a full quantity of the soothing and derivative effects of the remedy in question.

When, however, the patient speedily—that is, in ten or fifteen minutes—gets thoroughly warm in the packing, an hour is the outside time requisite for him to remain. There are some cases where even this is too long, and they are known by headache, swimming, and sensations of fainting, showing themselves. In these cases the irritation to be removed, not being of that inveterate kind which interferes with blood-making and heat-making, caloric soon accumulates, and to such an extent, as to cause the sheet to pass from its soothing to its irritating and depressing stage of agency; and the pulse falls so low as to cause irregular circulation in the brain, and the phenomena above mentioned.

Between these extremes of peculiarity as regards the action of the wet sheet, there are numerous shades. But to detect any of them, and thus to obtain all the good available from the remedy, requires not a small amount of medical knowledge, and experience in the practice of the Water Cure.

As one great result of the wet sheet is to produce augmented and healthy secretions from the mucous membranes—especially the digestive—the state of those membranes should be accurately examined previous to ordering it and during its use. In the course of its employment, in a great number of cases, that portion of the mucous membrane which lines the ducts of the liver pours out a great quantity of bile and mucus, giving rise to the phenomena conjointly called “biliousness.” It is by virtue of this power that it effects such wonders in cases of inveterate constipation, with obstructed and turgid livers; and though this peculiar action is desirable in so many instances, there are others in which it is important to avoid it. Of those the practitioner must judge by the practice of his medical acuteness.

The secretory agency of the wet sheet alluded to, points out its impropriety,—or the care with which it must be used,—in all cases where the feebleness of the bowels readily leads to exhausting diarrhoea.

So long as there is internal irritation to remove, the patient goes on daily gaining power of speedily warming in the sheet, and the time for his remaining in it consequently diminishes. But when irritation is subdued, the wet sheet, if continued too long, tends to produce the symptoms of depression already mentioned; the patient does not feel comfortable in it, though it be warm; he gets

out of it weary and weak; and his head begins to suffer.

From the few preceding observations, it may easily be imagined how admirably the effects of this remedy must be, in cases where there is constitutional irritation following surgical operations, or where the body has received any severe shocks or injuries.

Many suppose that the Water Cure is a lowering system of treatment, and that the wet sheet is intended as a lowering remedy. There is no doubt that it has this effect in some cases when too frequently repeated, and when its use is not properly regulated. The idea, however, of its being a lowering remedy, has arisen in a great measure from many persons loaded with fat, becoming thinner under its application; but as a general rule, the lowering is in weight rather than in strength; for instance, when the patient is bloated, encumbered with fat, and more especially if accompanied with a pendulous abdomen, the packing in the wet sheet reduces weight rapidly, but it is fat only that is lost. Several examples will be found in the preceding pages. On the other hand, in very many cases, weight is as rapidly gained by its use. A few weeks past, a young lady left here, having gained twenty pounds in weight, in little more than two months. When she commenced the treatment with the wet sheet, she was thin and delicate. The same result took place in Admiral Beu-man's case, (page 2). I may also refer the reader to the cases of Mr. Shailer, Mr. Smith, the Author, and “the effect of the wet sheet in children,” (page 23).

Many curious phenomena take place in some patients by frequent use of the wet sheet; amongst the most singular is that of its becoming of a beautiful rose colour. This will sometimes continue for a week or two, then cease, and in a few weeks return again. In other cases, the sheet is found, when taken off the patient, after an hour's packing in it, to be glutinous, and to have extracted fetid matters from the skin.

Other effects produced by the wet sheet, will be mentioned in the second number of this work, on the nature and treatment of chronic diseases.

The merit of the discovery of the wet sheet is, I believe, due to Priessnitz without any contestation, and had he claims to no further originality than this; it is enough to earn for him the thanks of all those who have experienced its benefits, and the honours with which he will be remembered by posterity.

Many suppose that he hit upon this novel application by accident, but there is no doubt that he arrived at it by a regular course of inductive reasoning. The wet compress applied to local injuries, to parts inflamed externally, to diseased skin, and

over the seat of internal inflammation, acute and chronic, he had long used, before he thought of applying the same remedy in a more extensive form; applied locally, he observed that it relieved the parts from *heat* and *pain*, extracted morbid secretions, and produced many other remarkable and salutary effects. Observing the hot and dry skin, the accompanying feelings of weariness and often of pain in fever, he must have said to himself, why not apply the same remedy to the whole body which I find so serviceable when applied to local parts labouring under heat, pain, &c.? He tried it—and when he saw the result of the operation of the wet sheet in the first case of fever, I can easily imagine him to have cried out like Archimedes, “Eureka!” For a long time he only applied it to fevers and inflammations, but latterly he discovered that it was a valuable remedy in the treatment of chronic diseases; the use and extraordinary effects produced by it in these states, after a time opened his eyes more fully to the *abuse* which had been committed with the sweating process, more particularly when he found that in many cases the crisis was produced more quickly, and that the recovery was more complete and rapidly produced by the wet sheet than by subjecting the patient to undue or unnecessary sweating; we find, as we go on, that too much forced purging of any kind is bad, whether it be by the skin or by the bowels.

Most observers who visit Graefenberg for a short time, go away with but an imperfect knowledge of this important modification of the Cure, the wet sheet. What strikes them most, and what they hear most about, is the sweating, followed by a cold bath. And those who visited Graefenberg some years ago, to learn and judge of the system in *four or five days*, and by measuring the size of the baths,—or those who practise the Water Cure, as many do in Germany, from mere hearsay, or from books full of errors,—and without knowing a rope of the ship, or what sail will come tumbling about their ears when they let go one of these ropes,—are still ignorant of the morbid states in which the wet sheet should be applied, and of its vast importance in the treatment of chronic diseases.

THE DOUCHE BATH.

The douche is one of the processes of the Water Cure that requires much judgment in prescribing. Its powerful effects as a remedy has been known for ages, but it is only of late years that it has been fairly studied, its many valuable properties fully appreciated, and its application reduced to

a rational system. The reason why this has been the case (and the same remark is applicable to other modes of using water) is sufficiently obvious. To obtain *all* the remedial action resulting from any one of the processes of the Water Cure, it is necessary that they should be used conjointly,—the effect of one hanging upon the other, and thus increased, lessened, or modified, in their ultimate operation. Until the time of Priessnitz, no man of genius had devoted all his powers exclusively to the study; many had a knowledge of the virtues of certain applications of water; other physicians of great talent, learning, and experience, predicted what has since been established,—that water, from the varied effects it can be made to produce, is, as nearly as possible, an universal remedy, resembling many of our most potent drugs, including bleeding and blistering; but with this great advantage, that it is more certain in producing the effect desired, and not followed by the destruction and mischief which so often follows the long-continued use of strong medicines, whether drawn from the mineral or vegetable kingdoms; and the same remark applies to blistering and bleeding.

The douche is formed by a column of water, descending perpendicularly from ten to twenty feet, and from one to four inches in diameter. To prevent its separating into a shower bath, when the fall is great, it is necessary to conduct it through a tube for some distance in its descent.

The best time for taking this bath is after breakfast, from ten to twelve o'clock; it is used, however, before breakfast, and in the evening in certain cases, sufficient exercise being taken beforehand, to produce general warmth and activity in the system. It should be taken first on the palms of the hands, followed by washing the face, head, and chest. It is then allowed to fall on the shoulders, hips, and loins, then the arms and legs may be subjected to it for a time. The stomach and abdomen must not be placed under it. The duration of this bath is generally from five to ten minutes.

When a patient is somewhat advanced in recovery, after a few minutes' application of the douche, the whole surface of the body assumes a beautiful deep rosy colour, which lasts during the period of dressing; accompanied by a feeling of activity and well-being, producing courage in the mind, and strength in the muscular system, with an inclination to active movement.

There is slight apprehension at first when the splash of the descending water is heard, but after the first essay it goes off; nor does the patient ever willingly return from a large douche to a smaller one. Taking the douche is not attended by the disagreeable sensations experienced during a shower bath, and is looked forward to with pleasure.

The douche is a powerful auxiliary to the general treatment, but its use requires great discretion,—a careful inquiry into the state of the constitution of the patient, and a knowledge of the pathological state he may be labouring under. It puts the whole system into a state of activity and excitement, forcing the blood to the surface, acting on the stomach and bowels, and increasing the activity of all the functions. When used at the proper time, it forwards the crisis that the system may be preparing.

It is never applicable as long as any amount of local irritation exists; and to ascertain the exact point at which, such irritation being about to cease, the system requires to be stimulated and aided in its efforts to throw it on the exterior, some tact and experience is required. If a patient be sent under the douche in whom there is an inflammatory condition of the stomach, for instance, this will certainly be exasperated, and the head will simultaneously suffer. For, as the shock of the falling water is first impressed upon the extremities of the nerves which proceed directly from the brain, it is conveyed immediately to the latter organ, which, sympathising strongly at all times (and especially in the supposed case) with the stomach, transmits to the inflamed digestive organ the shock itself received from the skin; and thus brain and stomach are thrown into disorder at once, and headache, tremblings of the legs, somnolence, and sometimes nausea, are induced.

For the same reason the douche is inapplicable in cases of *apoplectic* fulness of the head, though not always so in *congestive* or *atonic* fulness of that organ. And great care is requisite in determining which of these states predominates. In pure congestion of the brain unaccompanied with any inflammatory condition of the digestive canal, well-regulated douching is of the first benefit, and will prevent the palsy of the limbs which more or less extensively follows if it be left to itself. Whereas the same in apoplectic fulness, would in all probability hasten a seizure; and unfortunately such has been the result in some establishments where the advice of competent medical men has been dispensed with.

So also when that species of indigestion is present, in which the nerves of the entire abdomen have lost their power of controlling the circulation there, and now the liver, now the stomach, and again the bowels, are the seats of transitory inflammations, and the constant symptom is an irritated or depressed state of mind, the douche is rarely applicable, or requires to be used with reference to the passing condition as shown by the pulse, tongue, &c.; it may thus be beneficial to-day and injurious to-morrow, and the physician must exercise his attention and discrimination accordingly. Such cases

are but too frequently those which come for assistance from the Water Cure, after seeking it for a long time in vain from other plans of treatment.

On the other hand, the douche is highly beneficial and may be freely employed when, by fomentations, wet-sheeting, and sitz-baths, &c., local inflammations of the mucous membranes of the digestive or urinary canals, have been subdued, and the *tonic* effects of the treatment alone are required. This is the reason why it is so seldom used in the outset of the treatment; for the inflammatory states in question form the basis of the great majority of diseases that are presented to the Water Cure.

Again, when the malady of the solid organs of digestion,—the liver, spleen, and sweetbread,—consists in a sluggish retention of blood in their substance, which impedes their function, and thus generates slowness and imperfection of digestion, torpid bowels, &c.: the state, in short, to which the term “obstruction” is commonly applied. In such cases, a stimulus applied to the extremities of the nerves, and transmitted through the whole nervous system, rousing the circulation, is what is wanted, and is well supplied by the douche.

When a similar state of “obstruction” exists, and has existed for a long time in some portion of the brain or spinal cord, maintaining a state of palsy of more or fewer of the voluntary muscles; in palsy of some years’ standing, and when the appetite and digestion are good, this application of the douche is of the first consequence. But, as before explained, there must be no local internal inflammation.

When more or fewer of the limbs have been stiffened by old rheumatism or gout, and the chronic inflammation and derangement of the digestive organs, which first caused this lamentable state, has been subdued in a great degree or entirely, the douche plays a powerful part in re-producing that action of the joints themselves, which affords the natural lubricating fluid in them, as well as rousing that action in the nervous system, which enables the muscles of the limbs to resume their function, and thus assist in getting the joints into play again. Here too the internal inflammation must be first of all got rid of; in every case this is a *sine quâ non*.

In patients who,—from the devastating effects of mercurial or iodine courses,—have that portion of the nervous system which regulates the circulation and secretion, shattered, and the functions of *digestion* and *blood-making* are rendered vicious, and the blood therefore *impure* and unfit to nourish the body in a healthy manner, the douche, by powerfully rousing the flagging nerves in question, and thus causing improved circulation and digestion, is essential; in conjunc-

tion, however, with other appropriate parts of the Water treatment.

Such is a very brief outline of the conditions of body which require or are opposed to the employment of this powerful agent of the Water Cure. Circumstances of the pulse, the nervous energy, and of the skin, may and do from time to time arise in the course of a general malady, which call upon the practitioner to use the *douche* for a few days and then stop; but it is impossible to detail those circumstances in any book however extended; medical precision and tact, combined with experience, alone can appreciate them.

THE SHALLOW BATH.

This is a bath, containing from ten to fourteen inches of water, and used in the bed-room; it may be cold, chilled, tepid, or warm, according to circumstances. It is the most useful bath in the Water Cure as a general ablution. It has the advantages of being at the bed-side, and answering all the purposes of the plunge bath, without any of the risk and inconvenience that frequently, and in many cases, attends the latter. The shallow bath is either used alone, after the sweating process, or after the envelopment in the wet sheet. In this bath the patient is in a sitting posture, and remains from two to ten minutes, being employed in rubbing and washing the different parts of the person; the attendant performing the same office on the back. Once or twice during the bath fresh water may be poured over the head and shoulders, or the patient may do this with a washhand jug, or a large sponge.

From the *sitting* position in which the patient is placed, the feet and hips are necessarily more cooled and powerfully acted upon by the water than the other parts of the body. After the bath, the determination of blood is greatest to the lower extremities, and the great nervous centres of the brain and digestive organs are relieved by their sympathy with these parts. By the general ablution and rubbing a chill is prevented, and the circulation equalized on the whole surface of the body.

When used alone, it is simply for the purpose of maintaining vigorous circulation on the surface, and the best time for taking it is on getting out of bed in the morning.

Employed after the envelopment in the wet sheet, it operates by indirectly fixing the circulation on the external skin. The wet sheet has the property of equalizing the circulation of blood when it is congested on the mucous membrane or in any internal part, and an increased quantity of blood flows towards the skin. But as the warm

vapour, which has been for some time surrounding the body when enveloped in the sheet, renders the skin soft and sensitive, it becomes necessary to obviate this by stimulating the skin with water, and inducing a slight shock, the secondary effect of which shall be to send a rushing tide of blood to the surface, and render it independent of the external atmosphere. Thus the blood is first of all gently drawn to the surface, by the soothing and gradual action of the wet sheet and the vaporous warmth that is generated, the skin at the same time being rendered sensitive; taking advantage of which sensitiveness, you, in the second place, induce, by friction in the shallow bath, a rush of blood to the skin; and by repeating this double process day after day, a healthy and equable circulation is induced throughout the body; the blood being at length permanently fixed in proper quantity in the skin, at the expense of the morbid excess which existed heretofore in the diseased internal part. The more intense and great fixature of blood in internal parts is, the more frequently this process requires to be repeated and the longer continued. In some acute inflammations indeed,—as of the lungs or brain,—friction in the shallow bath requires in some cases to be persevered in for a length of time, after using quickly repeated wet sheets.

The temperature of the shallow bath, after one wet sheet, will be regulated by the considerations that have been noted when speaking of the wet sheet itself. (*See Wet Sheet.*)

As a sequel to the *sweating process*, the shallow bath is employed to obviate the relaxation of the skin which would infallibly ensue, were that surface merely dried after the outpouring of sweat by its blood-vessels. To these last the cold acts as a grateful and beneficial tonic and stimulant; but the secondary effect is still to fix a good quantity of blood on the exterior. The duration of the bath after sweating, varies from two to eight or ten minutes. The temperature, as a general rule, is always cold; the frame that is suited for sweating being in most cases able to bear the common temperature of water.

For the purposes aimed at in using ablution and friction after the sheet or blankets, the shallow bath is in almost every particular preferable to the plunge bath. The plentiful friction produces an equally great and fixed circulation of blood in the skin; whilst the shock of the water being more gradually applied, no risk is to be apprehended of the brain suffering from the sudden and violent revulsion which accompanies the plunging up to the throat in cold water, the skin still glowing with heat. A physician should well examine his patient's powers and be well certified of the integrity

and strength of his brain circulation, before he orders the plunge bath.

With the shallow bath and frictions the patient is completely under the control of the practitioner, and I am convinced by experience that all the remedial intentions are equally well fulfilled, without any of the risk of the plunge bath. A gentleman under my care last summer, (Sir J. M—,) told me that he had suffered severely by going into the plunge bath; he used the shallow bath here with the greatest benefit. Even where the plunge bath is used, there is no necessity to prescribe it for gentlemen far advanced in years.

With the *shallow bath* the practitioner has immense power over the circulating and nervous system of the patient. I have seen several severe cases of apoplexy completely cured by its use. In a letter to Lord Alfred Paget, Lord Lichfield relates a bad case of apoplexy cured by Priessnitz, a short time before the letter was written. I may refer the reader to the cases of madness, and inflammation of the brain, in the preceding pages.

THE SITZ BATH.

This bath is a most important part of the Water treatment, and the occasions for its employment are to be found in almost every disorder whether acute or chronic.

When seated in the bath, the water should reach to the navel, and the patient must use friction to the abdomen, from time to time with the hand. A tumbler of water should also be placed at the side, and a portion taken at intervals; it adds to the refreshing effects of the bath.

The sitz bath is used either as a *tonic* or a *derivative*. In the former case it is taken cold, and for a time, varying from five to fifteen minutes, seldom exceeding the latter period.

The rationale of its operation in this character is sufficiently simple. The stimulus of the cold causes the bloodvessels of the part and neighbourhood to which the water is applied, to contract and thereby rid themselves of any excess of blood: and as this stimulus has not been carried to a great extent, there is very little subsequent return of relaxation in those vessels; still there is some; and it is for this reason, that it becomes necessary to apply the stimulus again after short intervals; short sitz baths always require frequent repetition, sometimes as often as six or seven times in the twenty-four hours. It will appear from the above, that the short or tonic sitz bath, is applicable in all cases where there is an enfeebled or congested state of the parts contained

within the hips, for instance, in excessive menstruation, leucorrhœa, loss of muscular tone, and protrusion of the lower gut, &c., &c.

It is, however, more especially for its *derivative* effect that the sitz bath is most frequently employed. The class of disorders for which such effect is desirable, is far more numerous than those in which the *tonic* result is wished; and it includes some phases of brain congestion, obstructions of the liver, congestion of the stomach and its nerves, stoppage of courses, and constipation of the bowels,—diseased states which include all the forms of digestive and nervous complaints. Here the stimulus of the cold is applied so long that the bloodvessels of the parts contained within the hips, after a violent tonic contraction, fall into a state of great consequent exhaustion and relaxation, whereby a large quantity of blood is admitted and retained in them. The result is doubly advantageous: for first, a mass of blood is drawn from the upper organs of digestion, the liver, stomach, &c., and even from the head, whose obstruction and congestion it therefore relieved; and secondly, this blood so made to congest in the lower organs of digestion and in the genital and urinary organs secretes the matters peculiar to those parts, and thus the bowels are made to act, and the monthly evacuation of females is removed, and the functions of the kidneys and bladder is promoted.

The temperature at which it is fit to take the sitz bath is important. Its tonic effect, as already explained, is best and indeed only obtained by the cold degrees, that is, under sixty degrees. The degree at which to obtain the derivative effect will vary with the organic capabilities of the patient, and these the physician must ascertain by previous investigation. It must also have reference to the patient's power of taking exercise after it; for if he remain cold for want of exercise, the tonic and not the derivative result will ensue, and it has been shown that the cases for these are diametrically opposite. Patients in a very low condition of vital activity, but in whom it is desirable to produce derivation of blood to the lower organs of digestion, should in the first instance be submitted to water of a tepid temperature or nearly so, and the degree should be lowered as the strength increases. The amount of derivation in such event is not so great nor so permanent as when water at forty to fifty degrees is used; but a judicious practitioner will suit his remedies to his patient's power, and not go by blind rules. The Water Cure is the *cold* water cure only in time and place, and where the individual peculiarities permit, or the patient has been brought into a state to benefit by it.

The sitz bath is a powerful antispasmodic;

it removes flatulence, colic, and vomiting, of the most violent and obstinate nature. In the treatment of dysentery it is an invaluable adjunct, &c.

THE WET SHEET BATH, OR DRIPPING SHEET.

This is used as follows:—The sheet is steeped in cold water, and wrung just sufficiently to prevent its dripping too much. In this state it is thrown over the patient, who, embracing the fore parts with his arms and hands, commences rubbing his chest, face, and fore part of the person, at the same time that the attendant pursues the same process on the back, loins, and lower extremities. This may be continued for two or three minutes, or more, when it is replaced by a dry sheet, when the same thing takes place, till the patient is well dried. This is an excellent portable bath, very useful as a daily ablution, and very convenient in travelling. It is always followed by a pleasing general warmth, approaching a glow, and has great advantages over the usual mode of washing. By its daily use, it renders the surface less sensitive to changes of temperature, and removes the disposition to take cold. After the first instant, it is not a disagreeable application.

In some cases it is repeated frequently in the day, and may be made a powerful stimulant and tonic. It is a very refreshing application, and carries off feverish heat.

THE HEAD BATH.

The patient lies full length on a mattress or on the floor; a dish, containing about four inches of water, is placed so that the back part of the head rests in it; the head is sometimes turned on the right, sometimes on the left side, as may be indicated. This bath lasts from five to twenty minutes.

THE FOOT BATH.

This bath is taken in a vessel containing from two to five inches of water, and continued from five to twenty-five minutes, according to the effect wished to be produced. During the period one foot must be rubbed against the other, or an attendant must use friction with hands. The brain and the great nervous centre at the pit of the stomach, sympathise strongly with the feet. I have seen a violent attack of hysterics, at-

tended with insensibility, removed in three or four minutes by the cold foot bath. This bath is of great use in the Water Cure.

THE ELBOW BATH.

This is taken in a basin containing from six to ten inches of water. It is of great service in injuries and diseased states of the hand. It may continue from ten minutes to half an hour or longer. To illustrate the use of this bath, I may mention a duel with sabres which took place at Graefenberg, and at which I was requested to give my assistance. One of the combatants, after a severe wound, lost his presence of mind, and instantly put out the left hand to defend himself; he immediately received two cuts down to the bones, one on the wrist, and the other across the palm of the hand. He was taken to his room in a fainting state, and after the surgical part of the business, a wetted compress and bandages were applied, and the elbow was then placed in a basin of water. The patient soon experienced a diminution of pain, and in twenty minutes, declared that he was hardly conscious of the existence of the wounds. In the evening, there was some cerebral excitement, which was removed by a sitz bath. The next morning he was enveloped for an hour in the wrung sheet; it produced the most tranquillizing effect, and freed the patient from some irritative fever. All the wounds healed rapidly, and without any pain, drawback, or confinement.

THE WET COMPRESS OR BANDAGE.

Some of the phenomena resulting from the continued application of water by means of the wet compress and bandages, I am sure would not be credited by many, without ocular demonstration. It was in a great measure by using their "*charmed water*" in the modes I shall presently describe, that the number of "miraculous cures" we read of in past times were performed.

Dr. Macartney, the late Professor at Trinity College, was the first in Great Britain to call attention to the admirable effects of water applied in this way. He called it his "*water dressing*." Mr. Liston of London, and Mr. Symes of Edinburgh, two of the first surgeons of the day, have adopted it, in preference to all lotions and ointments, in the treatment of wounds, ulcers, &c.

This application is of two kinds—one, in which the wet linen, when applied, is left exposed to the air, producing a cold or a cooling sensation, by the free evaporation of the moisture which it contains, or by renewing it frequently. The other, from which the water is more completely wrung out and carefully protected from the air by a covering of dry linen. This is a warm application, all free evaporation being prevented.

The first of these, or the *cold fomentation*, is used when there is active, superficial inflammation going on. It reduces the heat, and diminishes the quantity of blood sent to the part. It is applied to the head when there is a determination of blood, inflammation, or delirium. It is assisted by the partial baths, and wet sheet. It is used in compound fractures, and all cases where a lessening of action, or the prevention of inflammation is indicated.

The second, or *warm fomentation*, is the most soothing application that can be applied to the external sentient surface. In lacerated wounds, and other injuries, ulcers, &c., it has the most healing influence of any application known.

The heating compress or fomentation is used applied to the abdomen, in the treatment of nearly all chronic diseases, more particularly where there is diseased action going on in the liver, stomach, bowels, and kidneys, or in the large ganglionic nerves behind the pit of the stomach. It is used in the following way—A bandage sufficiently broad to reach from the pit of the stomach, to an inch or two below the navel, and long enough to meet when passed round the abdomen; after being dipped in cold water, it is wrung as nearly dry as it can be; over this, a dry bandage of thick linen is applied sufficiently tight to be comfortable to the patient. This is worn in some cases day and night, and renewed when the wet bandages become dry, or every two, three, or four hours, as may be required.

In some cases, where there is great want of reactive power, it is better to confine the wet part to the front of the abdomen. In some instances it produces hysterical symptoms in delicate and excitable females: in such cases, if it be otherwise necessary to wear it, it should be kept on only for an hour or two at a time, or wear it only while walking. By this management, the nervous system of the digestive apparatus becomes gradually accustomed to its action.

Compresses are worn on the chest for cough; around the throat for different forms of sore-throat; on the nape of the neck for inflamed eyes, &c. &c.

When this continued fomentation or poultice has been applied for some time, it

draws to the skin and general covering of the abdomen, any undue action in the lining membrane of the stomach and alimentary canal, reducing the irritation or sub-inflammation; also by its soothing and sedative properties, and the renewed reaction on the skin each time it is replaced; it regulates the bowels, by increasing the peristaltic motion, and facilitating the expulsion of feces. It relieves heart-burn, spasms, and the train of symptoms accompanying bad digestion. After a time, more especially when there is a tendency to crisis, the bandage, when washed, is found to be saturated with different secretions from the skin, making the water *thick and turbid*. And frequently a curious phenomenon takes place, which has not yet been explained. After the bandage has been worn some weeks, there is a secretion thrown out on the skin of the stomach and abdomen, of a *beautiful dark blue colour*; this continues for a week or two; sometimes ceases suddenly for weeks, and returns again. It is of frequent occurrence, and I have always found it of precisely the same colour. As yet I have only seen it in bad dyspeptic cases, and where *mercury* had been taken at some previous period.

This water-dressing is applied to eruptions, and different kinds of local affections that appear during the crisis, to gouty hands and feet, &c.

After a time, various forms of eruption appear on the skin, from which exudes a glutinous liquid, accompanied with a strong disagreeable odour. Medicinal substances formerly taken are sometimes detectable in the secretion in question.

Similar phenomena take place on the application of compresses around the different joints. The smell and colour of ointments and other applications that had been used a long time previously are brought out by the compresses.

A patient under my care, in whom some of these striking effects occurred, was visited by Mr. Travers, an eminent and one of the most scientific surgeons in London. In this case there was suppuration took place in the knee-joint, and when it had pointed and had nearly reached the surface, the bandages were found to be marked all over with yellow matter, although the skin was perfectly whole. This continued for some weeks, and the swelling disappeared.

There are a number of circumstances which guide in the application of the compress as a remedy for immediate and local uneasiness or for the general disorder. Into these the character of this part of the work does not allow of entering upon.

AUTHENTICATED LETTERS

FROM

PATIENTS WHO HAVE EXPERIENCED THE EFFECTS OF THE WATER CURE.

THE AFTER EFFECTS OF THE WATER CURE IN MISCARRIAGES, DEBILITY, &c.

THE case of the lady who has sent me the following satisfactory letter will be found at page 26. Captain Burgess, Mr. Kortright, and Mr. Richard Coxwell, of Dowdeswell, near Cheltenham, were in my house at the same time with the patient. They were much pleased by reading the letter, having taken great interest in the recovery of the patient.

Pallazzo —, Florence,
Nov. 10th, 1843.

MY DEAR SIR,

I fear that I have drawn largely on your faith in my promises by my long silence; but although I have deferred the pleasure of writing to you, believe me, the benefit I derived from your advice, and the "pure wells undefiled" of the Malvern hills, is of too lasting a nature to be erased from my memory, even though it were "*unstable as water*."

By strictly persevering in the plan you laid down for me on my leaving Malvern, I have continued in the excellent state of health to which I was restored when I left you, and which I had not enjoyed for years. The elasticity and freshness of spirit, the joyous sense of existence, which I thought gone for ever, have returned to me; my cheek has recovered its bloom, my eye its brightness, and surely you know enough of human nature to feel assured that no woman can be ungrateful for the restoration of her good looks. The ladies ask me what cosmetics I employ, and when I assure them that pure cold water night and morning is the only application I ever make use of, they look incredulous, and give me to understand that they think I am fibbing and determined to keep my own counsel.

As yet there is no hydropathic establishment in Italy that I am aware of, but, even in this dreamy land, people are by degrees opening their eyes to the great truths embodied in the Water Cure. One of the most eminent physicians in Florence has created a great sensation by his successful treatment of nervous fevers on the system of the Water Cure. The first essay was in the case of a poor man at the hospital, supposed to be at the point of death. To the astonishment of all parties the patient recovered. The faculty assailed the worthy "professore" with vituperations and words of "learned length and thundering sound," but disregarding the clamour, he acts upon the hint he has received, and in all case of nervous fever administers the only true medicine. If only one disease is thus treated, it is a great point gained; and it is not likely that a man who has had the courage to take so important a step towards crushing the host of prejudices that envelope the public mind, will be content without pursuing his investigations.

Our mode of life is very simple, and with the exception of an occasional cigar in which my husband indulges, there is nothing contrary to Water Cure doctrines and your injunctions. Mr. — is even more enthusiastic on the subject than I am, but I leave him to speak for himself, and with kind regards to Mrs. Wilson, I beg you to believe me,

Dear Sir, very truly yours,

Though the word "*enthusiastic*" used by my wife is an epithet to which I have a certain aversion, I must plead guilty to it this time. I have continued since I left Malvern to practise what you advise for persons in health, and though I always thought myself in the enjoyment of tolerably good health, I perceived soon after I

abandoned all irritants, drinking only water, that a "veil of bile and gall had long hung between me and God's world." I have gradually gained ever since in the powers both of mind and body. My occasional colds have come no more, my skin is different, and I feel altogether fresher and younger. If you should have it in your power to write us a word of the health of your family and patients, you would do us a signal favour.

Very faithfully yours,

I have to thank T. Beale Browne, Esq., of Salperton, near Cheltenham, for the following letter, stating the effects of the Water Cure on himself and child.

34, Welbeck Street, London,
Dec. 27th, 1843.

MY DEAR DR. WILSON,

I cannot leave Malvern without expressing my gratitude to you for the signal benefit I have received, together with my dear child, from your Water Cure treatment. I own I was very averse to the system, but I was induced to read some books on the subject, my judgment was convinced, and I determined to give it a trial. I began, according to the directions, to drink nothing but water, and deriving benefit from it, I made up my mind to consult you, and put my little boy under your charge. By God's blessing upon the means used, I was soon entirely cured of a complaint in the kidneys, which had been deemed incurable by many of the first medical practitioners in town and country. I also suffered severely from several other complaints brought on by the constant use of aperients and other strong remedies; these soon yielded to your admirable system, so that for many months I have taken no medicine, and am perfectly cured.

My little boy came to Malvern in almost a dying state; indeed a relation has since said he did not expect his life could by possibility last three months. His foot, which had been bad for some time, had become gradually worse and worse notwithstanding the treatment of the best medical practitioners in town and country. In a short time there was a great alteration for the better, and in a few months he began to run about, which he does now without any ill effects; his foot is as nearly well as possible, and his general health is marvellously improved; indeed the same relation has said that these two cases of themselves are sufficient to establish the Water Cure. I have

to thank you for your kind attention and skill, and believe me,

Yours very sincerely,

T. B. BROWNE.

To Dr. James Wilson,
Malvern.

PARALYSIS,
WITH
LONG STANDING DISEASE
OF THE
DIGESTIVE ORGANS.

DEAR SIR,

As I am aware that you are about to publish a pamphlet containing authenticated evidence of the benefits to be derived from the Water Cure, it is with pleasure I write you an outline of my case, if you consider it of sufficient importance to insert it.

I have been now three months under the treatment, and have undergone great changes for the better, both mentally and bodily.

When I consulted you I had just previously had a slight attack of paralysis, and after having undergone the usual medical treatment, was told by my medical attendant that he could do no more for me, and urged a visit to Buxton, but at the same time strongly cautioned me on no account to have anything to do with the Water treatment. This he impressed on me very earnestly, and I have no doubt sincerely, for he said, "If there's any truth in the science of medicine, the Water treatment is humbug." To his advice I partly acceded, and went to Buxton more dead than alive. Besides the attack of paralysis I had been costive for years, my bowels hardly ever acting without taking medicine and pills, of the latter I had taken at various times nearly every sort, from Morrison's Pills, thirty to a dose, down to Parr's, but the more I took the worse I became, and the more I required. Then in the morning I had sickness and vomiting, and had been three or four times attacked with very severe stoppage in the bowels, which I had great difficulty in recovering from, although on these occasions I was attended by a very eminent physician, Dr. Belcombe of this city. I stopped at Buxton about ten days, and with little if any benefit, and sick at heart, low-spirited, and miserable, without hope, and highly irritable. I by accident heard of you. On reaching Malvern you found me in a wretched state both of body and mind, but after having been under your care for thirteen weeks, my state and feelings have most materially improved. I have got to be able with the greatest ease to walk from ten to fifteen miles; my bowels have become perfectly regular, and require no medicine. Of the latter I have only taken two rhubarb and two ox-gall pills during the time I have

been under your care, both of which I am satisfied I might have done without. My abdomen has lost much of its gross protuberance, having lost from the 7th September to the 20th December, just eighteen pounds, the rest of the body being well covered with solid flesh.

I am now returning home, and conclude by expressing my thanks for the attention and kindness with which you managed my case, for I must in fairness say that without your satisfactory explanations, and *patience* with me in the first period of my treatment, I fear I should not now be in a state to add my tribute to your successful treatment. With kind regards,

I am, dear Sir

Yours very truly,

WILLIAM SMITH, JUN.

Attorney, 14, New Street, York.

P.S. I have omitted to state that one important function was entirely suspended from the time of the attack of paralysis, but was after a few weeks completely restored. You will be aware to what I allude, which I will not more particularly describe, but shall be glad to give you or any other person who requests it, an explanation.

SYPHILIS,

WITH

STOMACH AND LIVER DISEASE,

AND

PALPITATIONS OF THE HEART.

Thomas L. Morecraft, Esq., Manor House, Rock Ferry, Cheshire, was a patient in my house at the same time with the author of the following interesting and candid letter; they were on intimate terms. He has read the letter, and declares it to be accurate in its statements.

Paris,

Dec. 26th, 1843.

DEAR SIR,

From all I had heard for and against yourself and the Water Cure, before visiting Malvern; and from all I have witnessed during a residence of nine weeks in your establishment, I cannot but be aware of the great importance of relating and authenticating a cure like my own, taking at the same time the opportunity of stating that for your unremitting kindness and attention, as well as for my recovery, I shall ever feel a most grateful remembrance.

On my arrival at Malvern I was suffering from most distressing palpitations of the heart, which I had had for upwards of two years, the result of a long-continued residence in a tropical climate, accompanied with other very unpleasant symptoms of the stomach, and for which I had taken medi-

cines of all kinds and descriptions, with very little if any alleviation of my sufferings. But added to this, some time before I consulted you, I contracted syphilis, which showed itself in deep eating chancres, which were soon afterwards, from the travelling, accompanied by a swelling of the glands of a very painful nature, which formed rapidly and largely, and laid me up in bed. Now what I consider of importance to state is, that exactly in one week I was completely rid of the swelling by the different processes of the Water Cure, and was able to get out of bed and walk about, feeling myself *stronger and fresher in health* than before I was laid up. The same remedies which were used for the swelling and its cause, I found quieted the palpitations of the heart, and greatly relieved the stomach symptoms. For about fourteen days the chancres went on eating and enlarging rapidly, but they then took a *sudden turn*, and began to heal and disappear perceptibly, together with the thickness and hardness about them. As soon as they were completely healed, a crisis of small boils broke out in different parts of my body, but they did not confine me an hour to the house, and I found my general health better than I have known it to be for many years. I now feel that I am a hale and hearty man, my blood pure, and all the functions of my body in a perfect state. A very near relation of mine, who is a *retired physician*, has watched with deep interest the progress of my case: he was at first sceptical, and fearful of the result; he is now however highly gratified, and considers it one of the greatest triumphs of modern medical art, being of opinion that had I been obliged to use mercury to any extent in my state of health, it might have utterly precluded my chance of ever regaining it.

As I have a fellow-feeling for those attacked by long and severe suffering, and having myself recovered so easily and pleasantly from a complaint which ruins so many constitutions, it is with very great pleasure that I authorize you to mention my name to any gentleman who may desire to know it. And with a reiteration of my thanks to you,

I remain, dear Sir,

Yours very sincerely,

To James Wilson, Esq., M.D.

REMARKS.—The reader will find another case of syphilis at page 14. I may add to the Remarks appended to it, that the boon of escaping from the destructive effects of mercury is not the only one the patient obtains from the Water Cure. Instead of the constitution being injured, and in many cases ruined by the treatment, as in the old system, he finds his general health improved, and should he at the same time have other ailments, they also come in for a share of the benefit. I have often heard patients congratulate themselves on this peculiarity of the Water Cure.

**STOMACH & LIVER COMPLAINT
WITH
RHEUMATISM AND TIC.**

*South Hall, by Rothsay,
Jan. 9th, 1844.*

MY DEAR DOCTOR,

According to promise I write to report progress, and let you know how I have been going on.

You will be glad to find that since I was under your care, I have not had a pain or an ache. I have left them all behind me; indeed I may say I have not felt so well or so strong for many a day, as at the present moment. I almost wish I had a twitch or two, that I might have an excuse to return to Malvern and your hydropathic treatment, which I tell all my friends, I found as much a matter of enjoyment, as it was beneficial. The Water Cure is decidedly gaining ground in Scotland, and I am convinced it will do so the more it is practised and understood.

Believe me, my dear Doctor,
With sincere regard,
Very truly yours,
J. CAMPBELL.

To J. Wilson, Esq., M.D.

**SUPPOSED CONSUMPTION,
WITH EXTREME DEBILITY.**

*King Street, Carmarthen,
Feb. 6th, 1844.*

DEAR DOCTOR WILSON,

If a brief account of my recovery by the Water Cure will assist in removing ill-founded fears and prejudices, it is with great pleasure I send it you, to make any use of you may deem of utility.

During a period of twelve years I was in a very delicate state, scarcely ever well, and incapable of bearing the least exertion. I was frequently laid up with severe illness for months. At last my chest became so severely affected, that I was thought to be in a rapid consumption. During this long period I was generally under medical treatment, often thought to be in a hopeless state, and I was at last told that the probabilities were against my living long or recovering. My husband was informed by some of my medical attendants that tubercles were formed in the lungs.

I put myself under your care in a forlorn state and as a forlorn hope, and when, after an examination of my chest, you told me that with proper management, care, and the necessary means, I should be free from disease, strong, and well, in less than six

months, I confess that I thought at the time you were flattering my faint hopes, and that it was next to impossible. I am thankful to state, that your kind opinion has been most truly verified, for I am now strong, and in the enjoyment of all the feelings of perfect health.

Soon after I commenced your treatment, which from my great debility was at first of the gentlest nature, I began to experience its strengthening power and to feel more assurance that I should recover. I was soon able to bear and find all the remedies agreeable, and to the present moment I have every day had more reason to thank a kind Providence who gave me the benefit of the means you use, and of your skill and unremitting kindness. Mr. Charles joins me in kindest wishes for your welfare.

Believe me,
Dear Doctor Wilson,
Very truly yours,
ANNE CHARLES.

P.S. I forgot to mention that from the day I consulted you, I have not taken, nor have I in any way required, a dose of medicine or a stimulant of any kind.

LETTER

FROM THE

REV. STUART MAJENDIE.

*Longdon, near Lichfield,
Feb. 5th, 1844.*

MY DEAR SIR,

I assure you that I very much regret missing you when you were on your visit to Lord Anglesey. I was obliged to go to the assizes, and on the day I was asked to meet you at dinner I was engaged.

I am glad to find that the English public are becoming sensible of the value of the hydropathic treatment, and that your zeal and efforts have been crowned with so much success. It affords me pleasure to add my testimony to the many which you possess of its salutary efficacy. It is now about twelve months since I was under your care at Malvern. From that time I have continued to follow your instructions, and certainly have never felt so well. Should I be afflicted with illness, I should again seek health by resorting to my "Water Doctor."

Since I first consulted you I have not taken nor indeed have I felt the least necessity for any medicine whatever. It appears to me, therefore, that when the Water Cure is studied and cultivated by physicians of talent, and the misapplication of its powerful means avoided, by being taken out of

the hands of inexperienced, improper, and unqualified persons, it will prove a great blessing to the community. With kind regards,

Believe me,

My dear Sir,

Yours very sincerely,

STUART MAJENDIE.

To Dr. James Wilson.

LETTER

FROM THE

REV. —————

Jan. 27th, 1844.

MY DEAR SIR,

It is about the time for me to let you know how I have been going on. I am truly happy to be able to assure you that I still continued to feel, and most highly to appreciate, the beneficial and extraordinary effects that were produced in me during my short stay with you. I am almost at a loss for words to describe the difference between the state in which my health now is, and that in which it was when I first submitted myself to your treatment. I could hardly have imagined that so great a change could have been effected in so short a time.

I continue to feel strong, vigorous, and active, and my stomach is in excellent order; there has been no return of those severe bilious headaches, from which I used to suffer so much, and instead of being exhausted by moderate exertion, I can now walk the whole day without being fatigued. I shall go on following your advice and prescriptions until you consider me radically cured.

Since my return, I have been somewhat amused by the vague notions and diversified opinions I have heard expressed on the subject of the Water Cure; some seem disposed to think well of some parts of the system, but all are staggered when I tell them of the wet sheet—the invaluable and wonderful wet sheet, I call it. Many hardly credit me when I say that I was enveloped in one for an hour nearly every morning during my stay at Malvern, and that I found it positively a matter of enjoyment. In the conversations which I am likely to have on this subject, it is very likely that objections may be brought against the system, which for want of theoretical knowledge, I may not be able to answer satisfactorily. No arguments on earth, however, can undermine the truth of these plain facts:—that I went to Malvern weak, nervous, and depressed from long suffering, and after a short stay, left it strong, vigorous, and cheerful; that amongst my other ailments, my stomach was extremely weak and

bilious, and that when I came away, it was strong, and in excellent order.

I should be glad to hear from you when you have leisure to write to me, and in the mean time shall go on according to my instructions. I will only add, that I enter fully into all your philanthropic disposition anticipates from the general practice of the Water Cure, and I am truly thankful for having had the opportunity of experiencing, under your direction, the benefits of this most beautiful system—a system so perfectly in harmony with dictates of nature and common sense. I shall always remember with great pleasure my short but delightful visit to Malvern, and the kindness I experienced at your hands. Pray make any use you please, *privately*, of my name and address, that can aid the good cause; and believe me,

My dear Sir,

Yours very truly,

To J. Wilson, Esq., M.D.

LETTER

FROM

THE REV. J. P. COOKE.

TIC-DOULOUREUX, CHRONIC RHEUMATISM, AND NERVOUS DEBILITY.

St. John's College, Waterford,
Jan. 26th, 1844.

MY DEAR SIR,

I have now had an opportunity of testing the power of the Water Cure treatment, which I went through under your care. For the last three months we have had an almost uninterrupted continuance of that damp weather which for a long period used invariably to be a season of much suffering to me, and it is therefore with much pleasure that I acquaint you with the permanence of its efficacy.

When I first put myself under your care, I had been for more than twenty years suffering from what I was told was chronic rheumatism, and consequent, and daily increasing general debility. The night before I went to Malvern, my state of suffering was very great, and it was only by the most determined effort and exertion that I could cross the room. After the first ten days' treatment my strength began to return and my pains to disappear; and the happy effects have become daily more sensible. Under the Almighty providence, to the Water Cure and your skilful administration of it, I owe this unexpected blessing, for I had in vain tried, I believe, every kind of remedy which medical advice could afford. It is no wonder, if from the benefit I ex-

perienced in myself, and that which I saw in so many others of your patients, that I should look upon the Water Cure as a blessed revelation made to man in these days of scientific research and discovery. I know enough, to feel authorised in recommending this admirable system of treatment to all sufferers from disease, and feel assured it cannot be harmful to the most tender frames or most delicate constitutions, but must be productive of relief in almost every disease when scientifically administered by qualified practitioners.

Of your kindness and attention to myself I shall ever have a grateful recollection, and to your skill, candour, and liberality, shall always be happy to bear ready witness.

I remain,
My dear Sir,
Yours very truly,
J. P. COOKE.

Dr. Wilson,
Great Malvern.

G O U T.

*Hamilton House, Maida Hill, London,
Feb. 1st, 1844.*

MY DEAR DOCTOR,

I think I am qualified, by *personal experience*, observation, and some study, to give a fair opinion on the efficacy and safety of the Water Cure. I can do this more particularly in reference to its effects in the treatment of gout. I had suffered severely from this disease for full thirty years; I was reduced to a state of great debility, and my constitution completely shattered. As might be supposed, I tried all the most approved methods of treatment over and over again, under our most eminent physicians. Now, when I compare my present state, with that I was in *fifteen months ago*, when I first consulted you, the least I can say is, *that I am full of thankfulness*. I have had above twelve months to consider and examine the effects of the wonder-working, and health and strength restoring Water Cure, and I have no hesitation in saying that it is the best treatment, beyond all comparison, for gout. With all this, however, I should not omit the remark, that, like every other treatment, much injury may, and I have no doubt will be done by unskilful hands, and by persons in no way qualified to understand or undertake an office requiring such diversified knowledge and natural ability as the treatment of the human body. I know that the simple act of giving a dose of colchicum is not without danger, for I have suffered severely from it myself, and have

read of others, who were killed outright by it, and that in a few hours.

In concluding I can only say, that I have been so benefited in every way by the Water Cure, that I shall be ever thankful that I went to Malvern; and shall recommend all who suffer as I have suffered, to go to you, with the confidence that I have such reason to feel in your judgment, acquirements, and frankness.

Wishing every prosperity to yourself, and the good cause you so ably advocate by word and deed,

Believe me,
My dear Doctor,
Yours very truly,
W. BERRY BROWN.

P.S. If you think the good cause can be at all benefited by anything I can write or say, I shall feel great satisfaction in your making use of my name or personal application in any way you please.

To Dr. Wilson.

G O U T.

*Little Malvern,
Jan. 27th, 1844.*

SIR,

For seven years I suffered with the gout; it went on worse every year, until I became quite a cripple, and at last I could not go about at all. I had good advice from many physicians, and took medicines regularly from them all; but I became very weak and ill of myself, and could find no rest night or day. In this state of suffering I went under your care—it is now thirteen months ago—and went through your treatment for seven weeks. I have been now twelve months without gout or pain of any kind, my looks are quite changed, and I feel like a healthy man, and can do anything. I took no medicine when under your care, and have not required any since.

I am butler to William Berrington, Esq., and I may thank you for having been able to return to my place, and for saving me from being a cripple for life, and for curing me without any payment.

I remain,
Sir,
Your obliged servant,
JOHN FOYLE.

To Dr. Wilson.

RHEUMATIC GOUT.

The author of the following letter is well known to many of the first residents of Malvern.

Malvern,
Feb. 1st, 1844.

MY DEAR SIR,

It affords me much pleasure to state, that the effect the Water Cure has had on my *gout* and *general health*, has been most satisfactory. For the last seven years I have suffered as much as a man well could do, being often confined above a month to my bed, and afterwards continuing in a weakly state. This went on with other attacks of severe illness, until my ankles, feet, and left wrist, were permanently enlarged to double their natural size, and at the same time hard and painful. When I came to you I was unable to walk the shortest distance without great pain and fatigue, and my general health was worn out.

During the long period of my suffering I had taken medicines of all kinds, in great quantities, which were given me by able and esteemed medical men. In a short time after I was under your treatment, I began to feel its beneficial effects; my strength returned, my appetite, spirits, and sleep became excellent, and the hard swellings of the joints diminished rapidly and visibly. I am now able to be on my feet the whole day, and walk a great distance with little or no inconvenience. The feet and joints are more than a third less than when I commenced the Water Cure, and are indeed but little larger than their natural size. I now feel that I have health and strength, and by following your instructions, and going on gently with the treatment, I feel confident my recovery will be permanent. In leaving you, I have to express my most sincere thanks for your kindness to me, and my conviction that it is to your treatment by the Water Cure, I am enabled to pursue my profession, and have been saved from being always crippled. I beg to subscribe myself,

My dear Sir,

Yours very faithfully,

ALAN HYDE GARDNER.

To Dr. James Wilson.

G O U T.

The reader is referred to page 23, for the first letter.

London,
Feb. 7th, 1844.

MY DEAR SIR,

In these days of controversy upon the merits of the Water Cure, I felt it to be but fair and candid to tell you that the system continues to agree with me; and that nothing has occurred since I wrote from Bangor in September, which induces me to

vary or qualify any part of the contents of my letter.

The two months' treatment under your care, and three months' subsequent perseverance at home, in the general principles of the system, have brought me nearer up to my standard weight by *many pounds*, and have made me heartier and stronger than I had been for years before I visited Malvern in August last.

I have had no renewed fit of gout. Premonitory symptoms sometimes arise, but they are *slighter* on every occasion of their recurrence, and I always confidently resort to your sure and safe means of dispelling them.

Believe me,

Yours faithfully,

To Dr. Wilson.

G O U T.

Acton House, Acton,
7th Feb. 1844.

MY DEAR SIR,

Experience has so fully convinced me of the good effects of the Water Cure, that I feel no hesitation in complying with the request contained in your letter, but have great pleasure in adding my testimony in support of its efficacy. *Eighteen months* have now elapsed since I commenced the trial under your direction; previous to that time I had for years suffered dreadfully from gout, of which I had frequent attacks; indeed I was very seldom and only for short intervals free from them. I was also much annoyed, I may say incessantly, with acidity of the stomach, heart burn, headache, giddiness, and other distressing symptoms. By strictly following your rules, and without the aid of a grain of medicine, I have been long since relieved from them, and all similar inconveniences, not *partially* or by halves, but *wholly* and *entirely*.

About a year after I left Malvern, I had a fit of the gout while making a little tour of the Lakes, but I may, I believe, attribute it to over-confidence; I fancied and flattered myself that the disease was eradicated from my constitution, and I therefore neglected the warnings that preceded the attack. Since then I have enjoyed perfect health, and can walk fifteen or twenty miles without any apprehension of suffering for it afterwards. I think, and indeed know, that mischief has occurred to individuals by misapplication of the Water treatment. Some expect wonders to accrue from drinking two or three tumblers of water before breakfast, and should gout appear, they have recourse to cold applications, without un-

dergoing any kind of preparation, or using any precaution. Hydropathy then is sure to be accused and abused, and such cases I have heard quoted to raise prejudices against it. I am perfectly convinced that under judicious management the Water Cure is a safe cure for gout, and I shall be always ready and happy to promote its adoption by

every means in my power. I think, my dear sir, that all who have experienced its benefits, owe you a great deal for having first introduced the practice of it into this country. I freely acknowledge my obligations to you, and remain always,

Yours most faithfully,

GEORGE LYNCH.

APPENDIX.

AN ATTACK ON THE WATER CURE.

From the Leamington Courier, Aug. 5th, 1843.

HYDROPATHY.

"Our attention has been particularly drawn to a paper from the pen of Dr. HASTINGS, of Worcester, recently published in the '*Provincial Medical Journal*.' We subjoin the article alluded to:—

"A CASE OF GOUT, IN WHICH THE WATER CURE WAS FOLLOWED BY DISEASED HEART, DROPSY, & DEATH. BY CHARLES HASTINGS, M.D., F.G.S.—*There exists no doubt in my mind that one great cause of the spurious celebrity of the Silesian peasant, Priessnitz, is that he has cunningly succeeded in turning the love of the marvellous, which is known to be a principle inherent in the human breast, to his own selfish ends. Every unprejudiced account which we receive from Grasseburgh confirms this opinion, by showing that there is little faith to be placed in the reputed cures there performed.**

"The cures said to be effected by the hydropathists are as wonderful as those of Prince Hohenlohe, and somewhat of the same faith which distinguished his disciples animates the hydromaniacs.

"Mr. Probart, aged sixty-five, called upon me on the 11th of February, 1843. He told me that for several years he had been subject to attacks of gout, but in the intervals had been in tolerable health. He further stated, that he was attacked severely with gout the beginning of January, 1842, and remained ill with it for several months: but that in the month of July he was slowly recovering, and was enabled to get about a little. Some time in that month the

water-doctor, who had lately arrived at Malvern, called upon him,* and said that he could cure him in a fortnight, and, if he did not succeed, he would forfeit one hundred pounds. The poor fellow was delighted with the prospect of restoration to health, which had been denied to him for so many years, and after a little consideration, consented to submit to the treatment. He was accordingly put under the feather bed and blankets for an hour or two, and when the perspiration came on he jumped (!) into a cold shallow bath, and remained in it five minutes, and then he walked about and drank water. This he did every day for six weeks. After this the gout left him, and he has not had it since; but his breath, which had been indifferent for several months previously, has ever since been much worse, and within the last two months has been so bad that he can scarcely move about. Within the last week his legs have swollen, and he is not able to lie down at night.

"The action of the heart is much diffused, and the impulse is great, with a *bruit*.

"I directed him to have a dozen leeches applied to the region of the heart, and afterwards a blister to the same part. He had also to take a pill of *calomel*, *digitalis*, and *squill*, three times a-day.

"On the 20th of March, I again saw him, and the dropsical symptoms had disappeared, and he was rather better. As, however, the disease did not materially decline, he was, early in April, received into the Worcester Infirmary, and was then affected with general anasarca, urgent dyspnoea, and tumultuous action of the heart.

"He obtained some relief from active doses of elaterium, but did not on the whole derive much benefit, and, as it was evident that the mischief which had been produced in the chest could not be removed by medicines, he was discharged from the infirmary.

"After this he fell under the care of Mr.

* We have the concurrent testimony of above a hundred medical men, and thousands upon thousands of patients, that Priessnitz is an honest man, and the Water Cure a fair, open, and honest practice.—J. W.

* Dr. Wilson did not know there was such a man as Probart in existence until he called and solicited his gratuitous aid; the rest of the sentence is an innocent fabrication.—J. W.

Addison, of Malvern, where he died in the month of June. Mr. Addison thus writes, in transmitting to me the report of the post-mortem examination:—

“I visited Probart several times before his death, and found him suffering greatly from general dropsy. His extremities were much swollen, and his respiration very difficult; he could not lie down, and during the last two or three days of his illness he was attacked with violent spasmodic paroxysms in the muscles of the arms, legs, and face, during which he cried out loud from the acuteness of the pain. I do not remember to have witnessed so much suffering from spasms of this kind in cases of a similar description. I examined the body after death.

“The cellular membrane was everywhere distended with a yellow serous fluid.

“The lungs were crepitant, and the sections which I made swam in water, still the tissue was at all points loaded with a serous fluid.

“The liver was not enlarged, but it was very pale, and indurated. There was no great quantity of fluid in the abdomen, and the rest of the viscera in this region appeared healthy.

“The heart was nearly double the normal standard for persons of Probart's size, and the walls were in some degree hypertrophied. I examined this organ minutely, but I could not discover any ossific deposit in any portion of its structures, but there were several patches of coagulable lymph, or fibrinous exudation, on the surface. The pericardium contained more than a pint and a half of serum.

“WILLIAM ADDISON.

“June 28, 1843.”

REPLY

TO

DR. HASTINGS' STRICTURES

ON THE

WATER CURE, AND HIS ACCOUNT
OF THE DEATH OF PROBART.

“Go not forth hastily to strive lest thou know not what to do in the end thereof.”—
PROVERBS XXV. 8.

In the foregoing attack the reader will find a tolerably fair specimen of the unqualified opinions and unscrupulous means used by some of the adversaries of the Water Cure. I have inserted it with a view to its preservation, and as evidence that the mode of defence adopted in my pamphlet is not without its apology. It will, moreover, be

interesting and curious to refer to, a few years hence.

In reading my reply the reader will, with a spirit of fairness, acknowledge that with such an accusation against myself, and the cause I am defending, before me, I could not well have said less. This he will be the more ready to do, when acquainted with the fact, that Dr. Hastings commenced hostilities without any provocation on my part; indeed so far was I (who covet peace, and value the feelings of good-will above all things) from courting contention, or throwing the first stone, that there are few things would have afforded me greater satisfaction than to have had Dr. Hastings as an inmate of my house, where he might have taken notes, and studied the Water Cure at his leisure, or better still, have gone through the treatment himself. Had Dr. Hastings been fortunate enough to have done this, I am persuaded that instead of being in that mental state which predetermines a man to resist the evidence of his senses, and turn a deaf ear to the most salutary counsels, refusing, when solicited by his friends, (as I have been told,) to see patients who had been restored by the Water Cure, or hear their statements, he would now have been a convert, perhaps a zealous one,—a changed man in his bodily health, as well as in his mental condition. I have seen many changes as extraordinary, and as much to be desired, produced by water.

I have had the honour of being visited by above a dozen medical practitioners, since I commenced the practice of the Water Cure. If any one of these can say that they were not received and treated with every courtesy and consideration, if they can accuse me of not making them free of my table, or not giving them free access to my patients, then I will acknowledge that these attacks have some apology, and are not an outrage on common decency and truth.

It is a fact worthy of being mentioned, that every physician I have seen or have heard of, who has experienced the effects of the Water Cure treatment in his own person, has become a convert and adopted the system. Five medical practitioners who have been through the treatment here, left extolling its efficacy. The opinions of three of them are recorded in the preceding pages, and two more are about to commence the practice.

DEATH OF PROBART.

To the Editor of the Leamington Courier.

SIR,

In your paper of August 5th, a lengthened extract from the Provincial Medical Journal is inserted, which purports to be the

correct account of a case of disease treated by myself in the first instance, and subsequently by Dr. Hastings of Worcester, whose comments are appended to it. As it contains statements and remarks that are libellous and highly defamatory of my professional character, and moreover are UTTERLY DEVOID OF TRUTH, I claim the right of reply in the paper which gave them publicity.

The subject of the case, PROBART, was a carrier between this place and Worcester, and notoriously addicted for a great many years past to hard drinking, which had indeed reduced him to poverty. He was *sixty-four* years old, and suffered severely from gout for more than *thirty* years. In the course of his sufferings he had gone through very violent systems of treatment, and taken great quantities of mercury. When he came under my care he was in the following state: he was crippled with gout, knees, ankles, feet, elbows, and wrists swollen and painful, the *ankles and insteps dropsical*. He had disease of the heart of long-standing. It was enlarged, and the action violent and irregular, accompanied with great difficulty of breathing; he was nearly jaundiced, and looked thin and haggard; there was also constant pain in the stomach, with cramps every night in the legs. Warm fomentations and a strict system of diet were added to the other treatment. After about three weeks' treatment he walked tolerably well, with a clear face and a fresh colour, in fact, not looking like the same man. He expressed himself as having a general feeling of health and strength that had long been unknown to him. The cramps were completely gone, the difficulty of breathing and pain about the stomach and heart so much ameliorated as not to attract his attention to them. Such are the facts as related by the patient himself twelve months ago to many people in this village. He went about showing himself to his friends, and the evident change in the poor man made a sensation in the neighbourhood. *After this he continued comparatively well for three months.* When again ill, I declined further treatment, as I found he would take no care of himself; I was told by many that he had returned to his drinking propensities, of the certain results of which he had been warned by myself and others; among them by Mr. Trent, a gentleman of the highest respectability, residing near this place, in reply to whose warning Probart said, "that he could not leave off the drink if it killed him." *In eight or nine months after this he died.* During the latter period I frequently spoke to him in the street; on one occasion he said he was taking "acid and laudanum in large quantities by the advice of a kind lady." Later still I saw him

with a swelled and ghastly face, drawn about in a bath chair; he had all the appearance of a dying man: inquiring the cause of this change, he replied, "*Oh! they gave me a deal of mercury, and did not tell me what I was taking. I went out and got wet and cold, and my tongue and throat were so sore and swelled that I could not swallow for upwards of a fortnight, and I feel all like rotting inside.*" Here then is a poor man who had been destroying his constitution for years by every kind of intemperance, subjected, with a complication of diseases, to the destructive effects of mercury, &c. &c., and, according to his showing, in a careless manner. Let now the state in which he died be referred to, according to Dr. Hastings' and Mr. Addison's account, and then note the following extracts. Sir Astley Cooper says, (in the *Lancet*, April 30, 1824.) "*Mercury is by no means an unfrequent cause of dropsy.*" And a host of medical writers, enumerated by Dr. Copland in his Dictionary of Practical Medicine, article "Diseases of the Heart," say that "*Long continued intemperance causes diseases of the heart.*" Notwithstanding all this, Dr. Hastings says, that a short treatment by myself *nearly twelve months before the poor man died*, which was followed by a long period of relief of the more pressing symptoms, was the cause of his dissolution and all his sufferings.

Probart, after he had been under my care for a short period, was comparatively well for three months, even as to the heart symptoms, but he took no care of himself, and returned to his old habits. But what was he doing for months afterwards? By referring to the account of his treatment, we find that he had been subjected to the *invigorating and health-restoring influences* of a long course of LEECHES,—AND BLISTERS,—AND MERCURY PILLS,—THE DEADLY FOXGLOVE,—LAUDANUM,—ELATERIUM,—AND SQUILLS.

When so formidable a combination as this was brought to bear on a constitution so shattered, and with such a complication of diseases as that of the patient, I will venture to say, that the marvel with the reader will not be that he died, but that he lived so long. Alas! for poor humanity!*

In reviewing the tissue of misrepresenta-

* Take a strong healthy ploughman, put him in a warm room, with as little fresh air as possible; do not allow him fresh water to drink or wash himself, upon any account. Then leech and blister him over the heart, where the respiratory nerves are so sensitive and abundant; salivate him with mercury, until the saliva flows by pints a day, and until his teeth are all loose, and his tongue swelled and hanging out of his mouth; give him *digitalis* (fox-glove), until his heart has nearly ceased to beat, and the sensations of dying come upon him; work him well with *elaterium*, one of the most virulent and active purgatives on the list, and do not spare the *laudanum*; when all this is done "ad

tions which Dr. Hastings has published, it is impossible to avoid attributing motives and canvassing circumstances, so utterly distorted and devoid of foundation are the statements and the inferences made; I beg therefore to call your attention to the following facts:—

First. That previous to my coming hither Dr. Hastings and Mr. Addison held nearly the entire practice of this place, both among the residents and the visitors; that they employed each other as much as possible, to the exclusion of all competitors.

Secondly. That up to the present time there have been above eight hundred patients under the Water Cure here, and that Malvern is still crowded with them.

Thirdly. That the case of *Probart* is the joint production of Dr. Hastings, and the resident surgeon-apothecary, Mr. Addison, who supplies the post mortem.

Fourthly. That I have (also in my own defence) on a previous occasion shown up Dr. Hastings' strong propensity to misrepresentation, by the publication of two long letters appended to my work on "Stomach Complaints and Drug Diseases," to the allegations and expositions contained in which Dr. Hastings has not been able to make any reply, but under which he is still smarting.

I submit that the combination of these circumstances affords sufficient ground for suspecting the motives, and therefore, for questioning the correctness of the published statements, in the circulation of which you have aided in the columns of your Journal. I therefore claim the right of reply to them through the same medium.

The account of the death of *Probart*, published by Dr. Hastings, was copied into all the papers he and his partisans could influence; there was nothing left undone to give it publicity. The publication of my answer could not be obtained in the same papers, therefore does my defence appear in a more permanent form.

libitum" and "*secundum artem*," then look closely and see if you can recognise the strong man from the plough, and pray ask him how he feels. It is well known by all intelligent medical practitioners that a diseased heart will, and often does, last a long time, provided the rest of the body is kept in as healthy a state as it admits of. I certainly would not advise a trial of the above prescription for that purpose; if the hearty ploughman had no tendency to diseased heart and dropsy before, the treatment I have prescribed would give him a tolerably fair chance of both.

"A DEATH IN DR. WILSON'S HYDROPATHIC ESTABLISHMENT AT MALVERN."

After having treated above six hundred patients of all ages, and many considered in a hopeless state of disease, without a single accident or disagreeable occurrence, the following death took place in my house. The report was circulated far and near, that it was caused by the Water Cure, and my treatment. The latter was represented to have been so dreadful that I had been obliged "to abscond." Many of my friends here had letters from persons at a distance, making inquiries on the subject, and to know where I had gone to.

Some of my readers will, no doubt, be surprised to find that the patient in question was not under the Water Cure, or my care, and that I know nothing of the case except from the following account given me by a servant who was present during the whole time of the illness. I had made a point of not going near the patient, knowing how industriously all kinds of fabrications were circulated against myself.

The history of the case.—"Mary Davis was about forty years old; she came one morning early from the other side of the hills to do a day's charring. After being here some hours she complained terribly of pain in the head, and feeling very sick and giddy, and as if she was going to have a fit. About eleven o'clock, she sent for Mr. Addison, who had been giving her a deal of physic, and you were out. He told us to give her some gruel, with brandy in it, directly. She then got a fit, and Mr. Addison came back and bled her in the arm; and then he came back and bled her in the head. She was a great deal worse after she was bled, and did not speak after, but went on snoring, and quite insensible. She did not change, or swallow for four or five days, and then she died."

Such is the account made by the servant; it was, in short, the case of a strong woman at forty dying of apoplexy; crossing the hills to do a day's work in my house, and returning to her mountain home no more. This, it will be granted, is not a fair case against the Water Cure, although it has answered all the purposes of one, in the hands of many of its opponents. When are all those, who have heard the false statement, to hear the contradiction?

Now I will ask the reader, what would be said, if, following the example of Dr. Hastings and others, I had published this case in all the journals, and given it circulation by all the means in my power, stating, that by *bad practice*, brandy, bleeding, and long physicking, this poor woman's days had been cut short? I know not exactly what would, but I think the following should, be

said in such a case; viz. that any one making or publishing such a statement as mere matter of opinion, and without a sufficient knowledge of all the circumstances of the case, or keeping these in the back ground, showed pretty clearly, if not the most dishonest, at least an evil-disposed and uncandid mind. But there was no publication of the kind made; on the contrary, not a word of criticism was used, and a subscription was made for her family by a great number of my patients.

The same remarks may be illustrated and brought home to Dr. Hastings by one of his own cases, which I shall briefly relate as follows:—

Returning home from Worcester one fine day on horseback, I overtook a gentleman of my acquaintance, walking back to Malvern, at the rate of four and a half miles an hour. He was about thirty years old, hale-looking and hearty. He told me that he could with ease and pleasure walk from sixteen to twenty miles a day. A few weeks after this I heard that he was ill in bed, and that he had been bled *six* or *seven* times or so. Shortly afterwards I was informed that "*he had died in a state of extreme exhaustion and debility, a mass of dropsy, and that his death was a scene of the greatest suffering.*"

Now what would Dr. Hastings or his friends think or say, if with his own example (which I have submitted to the reader) before me, I had published this and *many similar cases* in all the papers I or my friends could influence? At the same time heading my communication in imitation of Probart's case as follows:

AN ACCOUNT OF THE UNLOOKED FOR AND FEARFUL DEATH OF A HEARTY YOUNG MAN, WHO, AFTER BEING DAILY DRENCHED WITH DRUGS, AND DRAINED OF BLOOD, DIED IN THE PRIME OF LIFE OF DROPSY.

The death of Lady Hartopp at Malvern.

I feel called upon to give a brief account of this unfortunate event, as it was reported to have been the result of the Water Cure treatment. *It was made the most of*, and prevented many patients from visiting Malvern. When Lady Hartopp came here she was considered in a hopeless state, and at the last extremity. There was disease of the heart of many years standing, which caused blueness of the face on the least exertion, and this was accompanied with dropsy of the abdomen and the lower extremities. The liver was greatly enlarged, and filled the

abdomen. On my first visit I expressed my opinion that she might expire any day or hour in dressing or undressing, or in getting in or out of her bed. Dr. Gully had come to a similar conclusion. The patient wished to have something tried to relieve the great pressure of the fluid, observing at the same time, "that she was abandoned by her physicians, but that she would *leave* Malvern, if we thought her death would *injure* us." This was not to be thought of for a moment, even if this noble-minded lady had not shown so much consideration; some simple measures were tried, to satisfy her wishes. A little relief was obtained for a short time, but she died in a few weeks, as we anticipated.

Another Death at Malvern attributed to the Water Cure.

An elderly man, with cancer of the stomach, came some distance to consult me; he was in a sinking state, too ill to return home, and died at his lodgings a few days after his arrival. The *only remedy* he used was laudanum, which he was accustomed to take, and had brought with him.

The cases I have just related, are the "*three dead Water patients lying in my house together.*"* They are *all* that can in any way be brought against the practice of the Water Cure at Malvern, notwithstanding that there have been now nearly nine hundred patients who have been under the treatment,—and it is well known that the majority of these were labouring under long-standing diseases of a serious nature.

I now put it to the candid reader to say, whether he considers there are sufficient grounds for the magnified and distorted reports, which have been so industriously circulated, of the "*dangers of the Water Cure,*" and whether he considers Dr. Hastings justified in publishing Probart's case as one of *man-slaughter*, or in making use of it as an accusation against myself, or the Water Cure.

* The following extract from a letter which I have by me, from a gentleman of eminence in London, will explain the last sentence.

"MY DEAR WILSON,

"A person connected with Worcester, who ought to be careful as to what he says, told me the other day, that he had been told by a medical man there of great respectability, (not Dr. H.,) that there had been three Water patients lying dead in your house together!

"Now, in the name of candour, I, who have confided my own, and the persons of my family to this system, require a confession or denial of this formidable assertion. If it be, as I verily believe, utterly false, what '*enemy hath done this?*' "

PROGRESS OF THE WATER CURE.

The following is an extract from a paper read before the *Medico-Chirurgical Society of London*, by JOHN BOSTOCK, M.D., F.R.S., one of the oldest, most esteemed, and scientific members of our profession. *ry*

"We have lately heard so much, not only of the moral, but of the physical effects of water-drinking, as practised, either on the moderate scale of the disciples of Father Mathew, or in the more profuse ingurgitations of the hydropathists, that I have conceived it may not be altogether uninteresting to hear the account of a few observations, which I have had an opportunity of making upon the effect of these two processes. The first case to which I propose to direct attention, is that of a gentleman, *seventy years of age*, who had been from an early period of his life, subject to very frequent attacks of gout, the predisposition to which complaint he inherited from his parents. Connected with this, he had been a *constant sufferer from stomach affections* of various kinds; acidity, flatulence, heart-burn, irregularity of the bowels; in short, from every one of the affections which are enumerated in Cullen's well-known definition of 'Dyspepsia.' His mode of life was regular, and moderately active, and his diet what might be styled *temperate*, although not abstemious. He had indeed been *advised by his medical friends to take wine in moderate quantity*; he had *occasionally* employed ale, porter, and brandy and water, but never in what could be considered an excessive quantity. In this way he had passed above forty years, seldom actually confined by indisposition, *but almost always subject to a succession of ailments*, which rendered it necessary to have recourse to medicines of various kinds, and more especially to alkalis, which were taken in large quantity, and, as the symptoms appeared to indicate, to purgatives or to sedatives, and to a variety of tonics and stimulants. During this period, the renal secretion was seldom in what would be considered as a *perfectly healthy state*. About four years ago, in consequence of the accession of certain alarming symptoms of a new description, which were supposed to require the antiphlogistic treatment, the patient was ordered by his medical attendant to reduce his system of diet, and more especially to *abstain entirely from fermented liquors or distilled spirits* of any description. By this restriction, and by other appropriate remedies, the threatened disease was averted, and besides this fortunate result, the patient found his general state of health and his feelings so much improved by the change of diet, that the abstinence from all kinds of liquors has been strictly adhered to up to the

present period. The effect has been, that he has entirely lost all the dyspeptic symptoms, to which he had been subject for upwards of forty years; and, what I am particularly desirous of pointing out, the renal secretion has been for a long period in a perfectly *natural state*: it is nearly uniform in its specific gravity, and is totally free from all the morbid deposits which were before seldom absent from it. It would appear, therefore, that the abstraction of the alcohol has produced a more healthy state of the digestive and secreting organs, so that the functions of the kidneys are more actively and effectively performed.

At the same time that I was making these observations upon the effects of what has been technically termed the *Temperance System*, an opportunity occurred of learning the result of a complete process of *hydro-pathy*. A gentleman of nearly the same age as the former, who, like him, inherited the gouty diathesis, and had for many years suffered severely from the complaint, was induced to try the effect of the new practice; and, according to the account which I received from himself, underwent the whole discipline, in the most complete style. The quantity of fluid which was swallowed, could I have doubted the veracity of my informant, I should have conceived it impossible to have been received into the stomach; and to this were added the rubbings, sweatings, and the adjuncts—amongst which, it must be observed, were a regulated diet, bodily exercise, fresh air, and the absence of many of those causes of disease which are the necessary attendants upon the life of a man who is either devoted to business, or who moves in the higher circles of society. The result, however, was, that the patient returned from his campaign, *having subdued his old enemy, the gout; and in a better state of health than he had experienced for many years*.

"Viewing the result of these two cases, and more especially comparing them with each other, we are induced to inquire, what practical inferences can be deduced from them? Now, taking into account all the circumstances, I conceive there can be no doubt that a decided benefit was obtained in each case; that a disease of many years' standing was removed, and which had resisted various means that had been employed previously. We may then inquire, to what particular circumstances are the beneficial results to be more immediately referred?—to the abstraction of alcohol, to the imbibition of water, or to any other remedial agents? In the first case, the abstraction of alcohol would appear to be the only circumstance that can be conceived to have produced the effect. The water taken was in moderate quantity; and although other means were employed, which might

have had a tendency to improve the general health, they were not such as can be conceived sufficiently powerful to produce so great a change in the state of the constitution. In the second case, I should conceive that, although much of the benefit obtained may be ascribed to the abstraction of the alcohol, yet we can scarcely imagine that the prodigious influx of water into the stomach can have been without its influence on the system. Mechanical and unscientific as the idea may appear, I confess I am disposed to attribute a considerable effect to the complete removal of all the offensive matter which had polluted the vessels, thus thoroughly rinsing them out, and leaving them in a clear state to receive a supply of more healthy fluids. Nor are we to regard the adjuncts, or some of them at least, without their influence; although, I must think that many of them were carried to an empirical, and I will say, a ludicrous extent. The annals of medicine, from the earliest periods, contain accounts of the temples of health, which were under the direction of the *Æsclepiadæ*; the sacred fountains of Greece and Italy, to which Hippocrates and Celsus sent their patients; the miraculous springs dedicated to various saints, male and female, in the middle ages; and the acknowledged cures performed in modern times by waters of which the chief peculiarity consists in their purity,—all of which may be placed in the same category, and which may serve to explain a part at least of the benefits derived from hydropathy.*

WATER CURE HOSPITALS.

I shall detain the reader with but a few brief observations, although an essay might be written on this important matter.

No reflecting person who understands and has experienced the effects of the Water Cure, can contemplate the institution of Water Cure Hospitals without clearly seeing the great benefits that must necessarily result to the poor in this country. Hundreds of willing and strong men who at an early age are disabled by chronic diseases, would be saved.

It is well known that nine-tenths of the diseases and abject poverty of the labouring classes, have their origin in the habit of taking gin and other intoxicating drinks. In the majority of these instances I am persuaded that the wretched sufferer is as much to be pitied as blamed. There exists a long established delusion that strong drinks are necessary, that they give additional strength when the individual is well, and help to cure him when ill. Once the stomach and natural sensations have become depraved,

and the craving for alcohol established, it requires the greatest efforts, under ordinary circumstances, to give it up. It is, in fact, the state of the opium-eater,—he is in the net of the destroyer.

To prove that strong drinks of all kinds are highly injurious, and in no way required in any state of disease, even when attended by extreme debility, it is only necessary for a commission of intelligent governors of hospitals, to visit a Water Cure establishment, and question the patients. They will be surprised to hear it said, that stimulating drinks have been given up without an effort, and that all craving for them has disappeared in a few days, and moreover that the strength has increased since they were abandoned. This important fact has now been proved on a large scale, and by thousands of instances.

Water Cure Hospitals would of course be placed in the country, and it requires but little thought to conclude, that an individual who had become diseased in a cellar, garret, or workshop, situated in a dense population, would be more likely to recover, when breathing pure air and surrounded by gardens and green fields, than by being transferred into the close and crowded wards of a hospital, in the same atmosphere as that in which he had become diseased.

The enormous saving of charitable funds, both immediate and remote, that would result from the establishment of these institutions, may in some degree be estimated by glancing the eye over the following statements extracted from the Times of March 11th, 1844, and the Rev. E. Abdy's excellent work on the Water Cure. They are full of matter for serious consideration, and should be read and weighed by every subscriber to every hospital.

At a meeting of the Marylebone Vestry, "Mr. Michie said, he held in his hand an account of the stimuli used in the Infirmary for the year 1843. During the year the total number of

Admissions were 2,717

And the deaths 371, or 12 per cent.*

"To these had been prescribed, within the year,

19,698 pints of porter.

14,493 pints of ale.

1,480 pints of red wine.

150 pints of white wine.

123 pints of brandy.

632 pints of gin!!!

"The Rev. J. Burns said, with regard to the stimuli, he must confess himself a water-drinker, (*laughter*), and he felt astonished at the vast amount of gin, and other poison, suffered to be poured into the stomachs of

* Compare this with the number of deaths at Graefenberg—39 in 7219 patients!! (See page 54.) But there one hears only of "pints" of water.

these poor creatures." The amount paid for this "poison," as well as for drug stimulants, forms, as is well-known, the great item of expenditure in all hospitals.

EXTRACT FROM THE
REV. E. ABDY'S WORK ON THE
WATER CURE.

"The trappings' of a hospital 'would set up an ordinary' Cold Water establishment. By trappings, I mean medicine, wine, &c. It would be worth while to ascertain how much is spent in these items at the great Institutions of the kind in London. The amount of expenditure on these heads at the Infirmary of Bristol was, a year or two ago, about one-seventh of the whole. The corporation of the poor in that city expended in the course of nine years—

	£	s.	d.
For food .	48,105	18	9
For clothing .	9,398	13	3
For firing .	3,881	0	3
For soap .	1,169	9	7
Sundries .	13,316	3	11
Medicines .	1,997	13	9

"The wine and other 'strong' drinks are probably reckoned among the sundries. Thus we see that the doctor's stuff cost half as much as fuel, and considerably more than washing and cleaning. This is pretty well, whatever might be the proportion of sick. What an enormous saving of money might be made by this distressed country, if but one-tenth of the population were to enlist under the banners of Priessnitz and Father Matthew, and be converted to the true Catholic faith in matters of health! How many would escape that purgatory on earth into which the habitual use of drams and drugs plunges their unhappy victims!

"In the Nottingham Infirmary, for malt, hops, &c., there was expended

	£	s.	d.
In 1836	278	3	3 for 90 patients.
In 1839	121	10	3 for 100 patients.

"While at the Lunatic Asylum, according to the annual report, the consumption of malt and hops exceeded that of bread, to the amount of £70. I copy the above from the *Bristol Temperance Herald*, in which, and in other journals of the same kind, there is ample testimony from medical men as to the inutility of wine as a medicament."

*** Inquiries regarding the applicability of the Water Cure to individual cases will be answered, the inquirer inclosing an envelop having his address upon it.*

WORKS BY DR. WILSON.

A PRACTICAL TREATISE on the CURATIVE EFFECTS of the VAPOUR of WATER APPLIED LOCALLY, and WATER-DRESSING; with Cases.

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DIE HEILKRAFT der WASSER-DÄMPFE in ihrer ORTLICHEN ANWENDUNG bei Rheumatismus, Gicht, Weisser Geschwulst und andern Gelenkleiden; bei verschiedenen Arten von Geschwüren, Mehrern Hautkrankheiten, Hämorrhoiden, u. s. w. Aus dem Englischen des JAMES WILSON, M.D.

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"We confess that we opened these books with a prejudice against the advocates of the water system of therapeutics, and for that reason felt it due to candour to give Dr. Wilson's publications an attentive perusal. This we have done, and from the facts adduced, and circumstances we shall presently mention, we are constrained to acknowledge that our opinions on the subject have undergone a complete change."—HEREFORD JOURNAL.

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WORKS BY DR GULLY.

A SYSTEMATIC TREATISE on COMPARATIVE PHYSIOLOGY, introductory to the **PHYSIOLOGY of MAN**. Translated with Notes, from the German of **FREDERIC TIEDEMANN**. 8vo. 12s. 1834.

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LECTURES on GENERAL PATHOLOGY and THERAPEUTICS. Translated, with Notes, from the French of **F. J. V. BROUSSAIS**. Published in the **London Medical and Surgical Journal**, 1835—36.

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